



# Seniors Come Share Society

**SENIORS RESOURCE DIRECTORY**

**2015**

Prepared by the Seniors Come Share Society  
Community Support Program

**(604) 531-9400**

[www.comeshare.ca](http://www.comeshare.ca)

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 @Comeshare1977

 Seniors Come Share Society

# Seniors Come Share Society

Gratefully acknowledges the support of City of Surrey, who has provided the printing for the 2015 edition of the Seniors Resource Directory.

This generous partnership allows our organization to provide this valuable resource to our community.



# \*\*\*\* Disclaimer \*\*\*\*

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Seniors Come Share Society provides the Seniors Resource Directory as a service to the community. We have made every effort to provide accurate listings, however, we do not endorse the services and agencies listed here, nor are we legally responsible for their actions.

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# Other Community Directories

**Abbotsford Community Services Programs Directory:**

[http://www.abbotsfordcommunityservices.com/assets/client/File/B\\_FINAL\\_ACS%20%20Directory\\_2012\(1\).pdf](http://www.abbotsfordcommunityservices.com/assets/client/File/B_FINAL_ACS%20%20Directory_2012(1).pdf)

**Tri Cities Seniors Guide:**

<http://www.volunteerconnections.net/docs/seniors-planning-table/Tri%20Cities%20Senior%20Guide.pdf>

**Delta Seniors Services Handbook:**

<http://www.deltassist.com/library/Seniors%20Services%20Handbook.pdf>

**City Of Surrey Low Cost and Free Online Brochures:**

<http://www.surreylibraries.ca/research/5634.aspx>

**Burnaby Community Resources**

[http://www.burnabycommunityconnections.com/pdfs/2013\\_CRG.pdf](http://www.burnabycommunityconnections.com/pdfs/2013_CRG.pdf)

**Langley Seniors Resources:**

<http://lsrs.ca/links-resources/>

# Online Resource Directory

This 2015 Resource Directory provided by Seniors Come Share Society is also [available online!](#)

To access our Seniors Resource Directory online, enter the link: [www.comeshare.ca/directory/](http://www.comeshare.ca/directory/)

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# Seniors Come Share Society

## Community Support Programs

- **Seniors Information and Referral Line** supported by our Community Support staff and volunteers who provide information and referral about services, programs, and education on the phone.
- **Community Lunches** for seniors in the community who would like to socialize while enjoying a good meal.
- **Caregiver Support & Education** provides various supports for those caring for family members and friends.
- **Friendly Visitors** partnering volunteers with individuals in the community for weekly visits.
- **Telephone Reassurance Calls** made by our volunteers to individuals wanting a regular phone call to stay connected in their community
- **Computer Classes** volunteers lead classes on how to use multiple programs online and offline on the computer.
- **Community Education** offers a wide spectrum of topics such as caregiver education, dementia information, fall prevention, medication safety, health and well-being tips as well as current issues of the day
- **Senior Service Connectors** provide resources and referral for seniors and families by connecting them with available information and services in our community.
- **Share and Care Social Club (Sept – March)**
- **Seniors Walking Club (May – Sept)**
- **Tai Chi for Seniors (Sept – July)**
- **South Surrey/White Rock Better at Home**
- **Law Advice Clinic** – Call for times
- **Free Income Tax Clinic**- at various locations in Surrey and White Rock

**Location:**

**15008-26<sup>th</sup> Avenue, Surrey, BC V4P 3H5**

**604-531-9400**

**Hours: Monday through Friday 9:00am to 4:00pm**



# Seniors Come Share Society

## Day Program for Older Adults

Seniors Come Share Society's *Day Programs for Older Adults* provides meaningful and purposeful programs customized to the needs of the clients while providing ongoing support to caregivers. These programs are designed to assist individuals who require some support to remain independent in their communities. The programs offer a wide range of therapeutic programming as well as hot lunches, transportation by handy-DART (within the area) and access to professional supports such as nursing, and bathing programs. The program is open to all individuals who qualify under the Home Health regulations or on a private-pay basis. We currently have two locations where the program is offered, the information is listed below.

### **Seniors Come Share Society- Newton Day Program**

***13855-68<sup>th</sup> Avenue, Surrey, BC***

***604-599-0034***

***Hours: Monday through Saturday 8:30am to 3:30pm***

### **Seniors Come Share Society- South Surrey Day Program**

***15008-26<sup>th</sup> Avenue, Surrey, BC***

***604-531-2502***

***Hours: Monday through Friday 8:30am to 3:30pm***



# Seniors Come Share Society

## Volunteer Opportunities

Seniors Come Share Society supports over 1200 seniors per month and the need is growing. We need more volunteers! We need you!

➤ **Friendly Visitor Volunteer**

Do you have 1 - 2 hours a week to make a difference in the life of a senior by visiting them in their home or community?

➤ **Community Lunches**

Join us for good food, socializing, & entertainment. Come help at one of our seniors meal programs in Surrey or White Rock.

➤ **Language and Cultural Support**

Do you speak a second language? Come join us and help provide language and cultural assistance for seniors in a growing and diverse community.

➤ **Computer Class Instructor**

Make a difference in a senior's life and teach them how to use a computer!

➤ **Office Support**

Can you use a computer, have creative skills, and like people? Join our office administrative team!

➤ **Senior Service Connectors Information and Referral Services**

Can you offer 4 hours per week for a 1 year commitment? We will train you to help seniors access support through the health care and government systems.

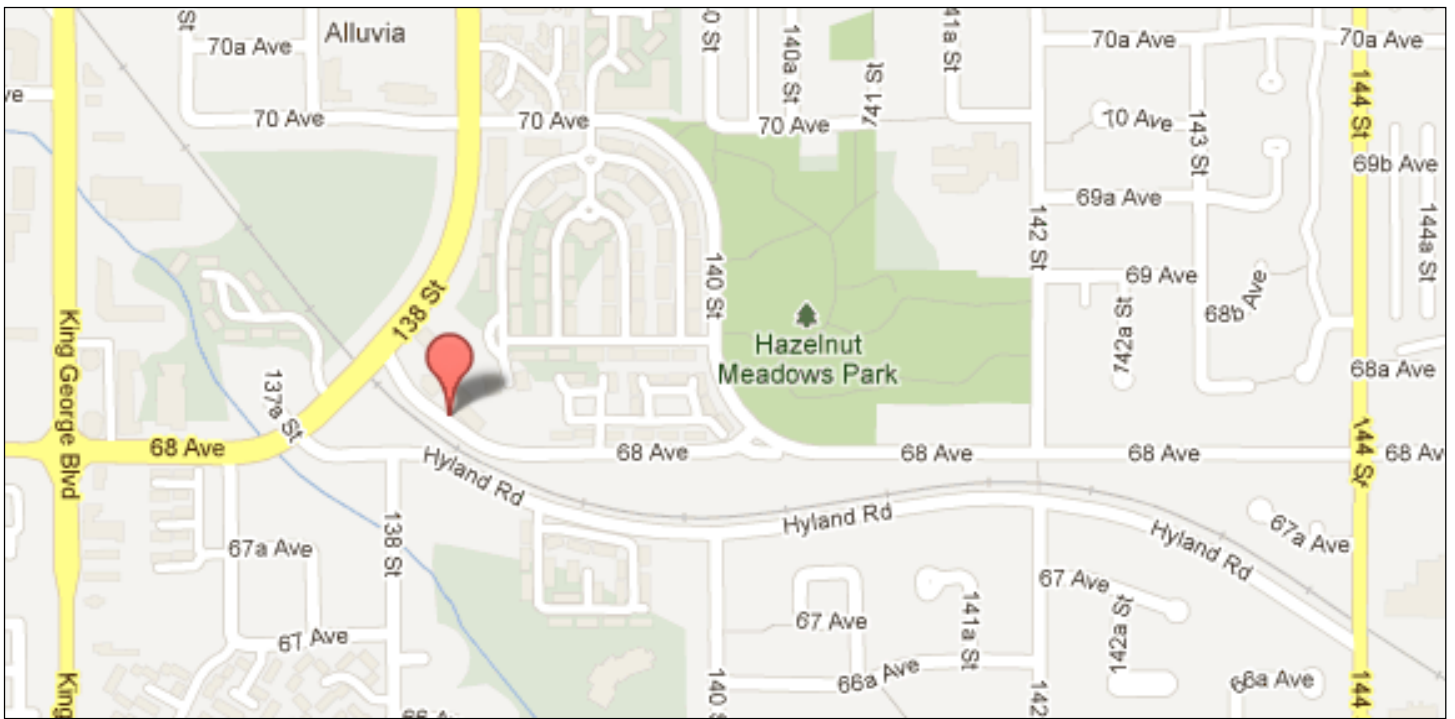
➤ **Telephone Reassurance Calls**

Do you have 2 hours a week to provide reassuring chats with seniors by phone?

➤ **Social Transportation/Volunteer Driver**

Do you have a time commitment of 4 hours a week to provide social transportation to seniors?

If you have Food Safe, music, art or any other skills that will benefit seniors, please connect with the Volunteer Coordinator at [volunteer@comeshare.ca](mailto:volunteer@comeshare.ca) or (604) 531-9400 ext. 203



**Seniors Come Share Society Locations**



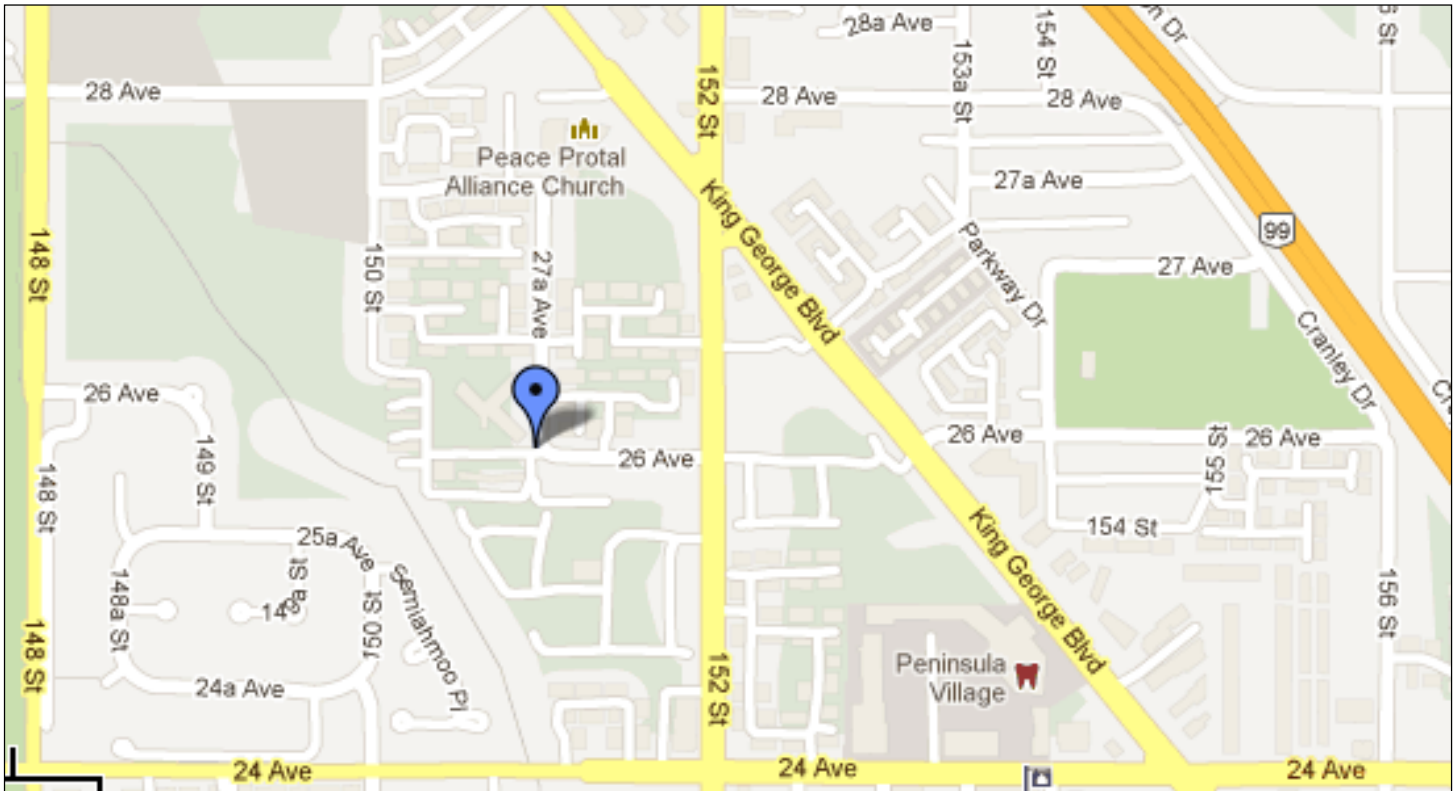
**South Surrey**

15008-26<sup>th</sup> Ave, Surrey, B.C.  
 V4P 3H5  
 (Below)



**Newton**

13855 68<sup>th</sup> Ave, Surrey, B.C.  
 V3W 2G9  
 (Above)



# Frequently Called Numbers

## Health

Health Link .....	211
BC Nurse Line .....	811
Home Health Service Line .....	1(855) 412-2121
Fraser Health Crisis Line .....	(604) 951-8855
Poison Control .....	1(800) 567-8911

## Hospitals

Peace Arch Hospital .....	(604) 531-5512
Surrey Memorial Hospital .....	(604) 581-2211
Langley Memorial Hospital .....	(604) 534-4121
Royal Columbian Hospital .....	(604) 520-4253
St. Paul's Hospital .....	(604) 682-2344
Vancouver General Hospital .....	(604) 875-4111
Delta Hospital .....	(604) 946-1121

## 911 Non-Emergency Numbers

### Surrey

Ambulance .....	(604) 872-5151
Fire .....	(604) 543-6700
Police .....	(604) 599-0502

### White Rock

Ambulance .....	(604) 872-5151
Fire .....	(604) 541-2121
Police .....	(778) 593-3600

### Langley

Ambulance .....	(604) 872-5151
Fire .....	(604) 514-2880
Police .....	(604) 532-3200

### Delta

Ambulance .....	(604) 872-5151
Fire .....	(604) 952-3100
Police .....	(604) 946-4411

## **Important Numbers**

Bylaws Call Centre .....	(604) 591-4370
Emergency Management BC .....	1(800) 663-3456
Garbage and Recycling (Surrey Transfer Station) .....	(604) 591-4427
ICBC Dial-A-Claim .....	(604) 520-8222
Power Outages & Emergencies .....	1(866) 436-7847
Terasen Gas – Emergency Only .....	1(800) 663-9911
BCCEAS .....	(604) 437-1940
Enquiry BC .....	(604) 660- 2421
Service Canada .....	1(800) 622-6232
Property Taxes & Utilities .....	(604) 591-4181
Canadian Crime Stoppers / TIPS .....	1(800) 222-8477

# Abuse

## ***Fraser Health - Adult Abuse and Neglect***

Fraser Health is responsible for responding to situations of abuse and neglect involving adults unable to seek support and assistance on their own due to restraint, physical handicap, illness, disease, injury or any other condition that affects their ability to make decisions. Fraser Health has specially trained staff who respond and investigate reports of possible abuse and neglect of adults. These responders are located in hospitals and community programs throughout Fraser Health. If you have concerns that a vulnerable adult may be:

- Abused or neglected
- Living at risk due to neglect or self-neglect
- Having trouble knowing with support and assistance on their own, and how to go about it

Home Health Service Line: 1(855) 412-2121  
Email: [react@fraserhealth.ca](mailto:react@fraserhealth.ca)

## ***Ama Transition House***

Providing transitional housing for senior women fleeing abuse, or over the phone support, and advocacy to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship. 24 hours a day 7 days a week

Crisis calls can be directed to: Durrant Crisis at (604) 531-4430 - 24 hours a day, 7 days a week.

Suite #1, 2970 King George Blvd.  
White Rock, BC, V4P 0E6

(604) 542-5992  
Fax: (604) 542-5993  
Email: [amasupport@atira.bc.ca](mailto:amasupport@atira.bc.ca)

## ***BC Centre for Elder Advocacy and Support (BCCEAS)***

Works to raise awareness, to prevent and respond to elder abuse and neglect. Provides information, support, advocacy and legal representation for older adults age 55+. Offers free financial literacy and elder abuse prevention workshops, including training for older adults and community groups.

(604) 688-1927  
Fax: (604) 437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

## ***Seniors Abuse and Information Line***

Seniors Abuse and Information Line (SAIL) is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention. Funded by the Province of BC. Phone line hours: 8:00am – 8:00pm daily excluding statutory holidays. TTY Hours: 9:00am – 4:00pm Monday to Friday excluding statutory holidays

TTY: (604) 428-3359  
TTY Toll Free: 1(855) 306-1443

(604) 437-1940  
Toll Free: 1(866) 437-1940

## ***Threshold Women's Program***

Get support and empowerment from Threshold outreach staff, who offer services that will support you if you have experienced threats, abuse and/or violence including sexual assault and historical sexual abuse. Services are offered in a safe, accepting and confidential environment in which you can explore your options and define your goals. Threshold staff recognize and respond to your cultural and lifestyle needs in addressing abuse.

You can also receive guidance in finding specific services, including:

- Translation services
- Financial aid
- Medical care
- Legal assistance (advocacy for child custody, family/criminal court)
- Court accompaniment
- Housing
- Immigration, sponsorship
- Exploration of appropriate education, training and employment services
- Parenting resources
- Registering children in schools
- Counselling

Options Community Services  
13520 78 Ave, Surrey, BC

(604) 572-5883

## **Day Programs for Older Adults**

### ***Seniors Come Share Society***

Seniors Come Share Society's *Day Programs for Older Adults* provide meaningful and purposeful programs customized to the needs of the clients, while providing ongoing support to caregivers. These programs are designed to assist individuals who require some support to remain independent in the community. The programs offer a wide range of therapeutic programming as well as hot lunches, transportation by Handy-DART (within the area) and access to professional supports such as nursing, and a bathing program. The programs are open to all individuals who qualify under the Home Health regulations or on a private-pay basis. Day Program hours are Monday – Saturday 8:30am to 3:30pm.

#### ***Seniors Come Share Society Day Program- Newton***

13855 - 68th Avenue  
Surrey, BC, V3W 2G9

(604) 599-0034  
Fax: (604) 599-0982  
[www.comeshare.ca](http://www.comeshare.ca)

#### ***Seniors Come Share Society Day Program- South Surrey***

15008 - 26th Avenue  
Surrey, BC, V4P 3H5

(604) 531-2502  
Fax: (604) 535-8781  
[www.comeshare.ca](http://www.comeshare.ca)



## ***Golden Age Paradise***

Independent Supportive Living: Home away from Home housing for mobile elderly Women. We understand the need to provide our elderly with all the support they need and how important it is to have an active day with companionship. Here she will have companionship like living with her own daughter. We offer 24 hour support as well as nutritious meals, laundry service and housekeeping. All rooms are furnished and beautifully decorated and we are willing to accommodate comfort for each individual. Small non shedding dogs may be considered.

Adult Day Break Service: Perhaps you are looking for an Adult Day Break Service that will give family caregivers some relief and support to go shopping or run errands. Our Adult Day Break Service include recreation, workshops, entertainment and activities. For those who love gardening we offer supervised Square Foot Gardening in the back yard during the summer. Half Days and Full Days with snacks and meals are provided.

Hours Monday to Friday 10-4pm

Respite Support Service: We are available in our home to give you comfort and peace of mind knowing that the person you love with mild dementia or any other situation is spending time with another caring individual in a safe supportive environment. Hours Dependent on need.

All programs and housing requires registration to secure a spot and for now a private pay service.

15841 Buena Vista Ave  
White Rock, BC, V4B 2A2

(604) 694-9000  
[www.goldenageparadise.com](http://www.goldenageparadise.com)

## ***Progressive Intercultural Community Services (PICS) Society - Senior Adult Day Centre***

PICS Senior Day Centre is a service designed for South Asian Seniors who are physically or emotionally disabled, living at home, and are provided for by their loved ones. Services offered include recreation and socialization opportunities, meals and refreshments, and health services and personal care. For more information please call or visit our website.

Hours: Monday - Friday 8:30 am to 4:30 pm.

12075 - 75A Avenue  
Surrey, BC, V3W 1S8

(604) 596-0052  
[www.pics.bc.ca](http://www.pics.bc.ca)

# Advocacy

## ***BC Centre for Elder Advocacy and Support (BCCEAS)***

Works to raise awareness, and to prevent and respond to elder abuse and neglect. Provides information, support, advocacy and legal representation for older adults age 55+. Offers free financial literacy and elder abuse prevention workshops, including training, for older adults and community groups.

(604) 688-1927  
Fax: (604) 437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

## ***CARP – A New Vision of Aging for Canada***

CARP is a national, non-partisan, non-profit organization committed to a new vision of aging for Canada, promoting social change that will bring financial security, equitable access to health care and freedom from discrimination. Our mandate is to promote and protect the interests, rights and quality of life for Canadians as we age. Contact: April Lewis, BC Representative.

(604) 536-8717  
Email: [aprillemis.carp@gmail.com](mailto:aprillemis.carp@gmail.com)  
[www.carp.ca](http://www.carp.ca)

## ***Legal Advocacy Program***

Staff lawyers and a legal advocate provide legal advice, advocacy and representation, in areas of law related to elder abuse; to people age 55+ who are not able to access legal help elsewhere due to low income or other barriers. Provide legal information and support on issues relating to housing (residential tenancy), debt, government benefits (CPP, OAS, GIS, etc.), financial exploitation, guardianship/capacity, abuse/neglect, residential care, and discrimination. Funded by the Law Foundation of BC.

(604) 437-1940  
Toll Free: 1(866) 437-1940

## ***Ombudsperson***

Seniors contact the Ombudsperson's office for a variety of reasons. For example, if you feel you have been unfairly treated by Pharmacare, the Medical Services Plan, the Ministry of Health, a hospital or health region, ICBC or the Public Guardian and Trustee, our office may be able to help. If you have a problem with one of these or any of the other agencies under our jurisdiction, that you've been unable to resolve yourself, you may want to make a complaint to our office. We can also investigate complaints regarding the failure of health authorities to enforce standards of care in residential care facilities. Office Hours: Monday – Friday 8:30am to 4:30pm.

Walk-In Address – Second Floor  
947 Fort Street  
Victoria, BC, V8V 3K3

1(250) 387-5855  
Toll Free: 1(800) 567-3247  
Fax: (250) 387-0198  
[www.bcombudsperson.ca](http://www.bcombudsperson.ca)

## ***Public Guardian and Trustee of BC***

The Public Guardian and Trustee (PGT) is a corporation sole established under the Public Guardian and Trustee Act. Its mandate is to:

- Protect the legal and financial interests of children and youth under the age of 19.
- Protect adults who require assistance in decision making through protection of their legal rights, financial interests and personal care interests.
- Administer estates of deceased persons, estates of missing persons, and act as trustee.

The PGT serves approximately 31,000 clients and administers almost \$1 billion dollars of client assets. For more information, visit the PGT website at: [www.trustee.bc.ca](http://www.trustee.bc.ca).

808 W. Hastings Street  
Vancouver, BC, V6C 3L3

(604) 660-4444  
Fax: (604) 660-0374  
Email: [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

## ***Patient as Partners | Patient Voices Network***

Become a 'Patient Partner' to share your concerns and suggestions about our health care system. A Ministry of Health initiative.

(604) 742-1772

## ***Sources Housing Advocate***

Sources Advocacy Programs will provide support, assistance, and information for people on Income Assistance or with low incomes, including Homeless Prevention, Mental Health Advocacy, Disability Support Advocacy, and Poverty Law Program. The Housing Advocate provides information on tenant rights and responsibilities, representations at arbitrations, mediation with landlords, and assistance in applying for subsidized housing.

#102-13771 72A Ave  
Surrey, BC

(604) 596-2311  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

# Alzheimer & Dementia

## ***FirstLight HomeCare***

Canadian owned and operated home care services providing a new way of helping people achieve the quality of life they deserve. Our programs support various needs of our community from transportation to personal hygiene, grocery shopping to companionship, dementia care to respite services, readmission rescue to dementia care. Through our extensive network of over 110 offices across North America, we are helping **1200 families** daily. **Let our family help yours!**

(604) 777-7189  
Toll free: 1(855) 955-4448

## ***Alzheimer Society of BC Resource Centre - Langley***

Resource Centre for Langley and surrounding areas. Call for information on education about Dementia, support programs, special events and general information about all types of Dementia. Volunteer opportunities also available. For information about the MedicAlert SafelyHome program please call: 1-855-581-3794 (toll-free)

#200-20644 Eastleigh Crescent  
Langley, BC, V3A 4C4

(604) 533-5277  
Fax: (604) 533-1421  
Email: [rpuszka@alzheimerbc.org](mailto:rpuszka@alzheimerbc.org)  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

## ***Alzheimer Society of BC Resource Centre - White Rock, Surrey, North Delta***

Provides one-to-one support, education classes, support groups and information about Alzheimers disease, mild cognitive impairment, and other dementias including vascular dementia and Lewy Body. Education classes cover 'How to communicate more effectively' and 'How to cope with challenging behaviors resulting from dementia' and 'How to Access local resources' and "Self Care". Other workshops and print information are available. Call for information or to make an appointment.

#4-1475 Anderson Street (Next to Centennial Arena)  
White Rock, BC, V4B 0A8

(604) 541-0606  
Fax: (604) 541-0680  
Email: [atournier@alzheimerbc.org](mailto:atournier@alzheimerbc.org)  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

## ***Czorny Alzheimer Resource Centre for Cloverdale***

Resource Centre for Cloverdale and North Surrey areas. Call for information on education about Dementia, support programs, special events and general information about all types of Dementia. Volunteer opportunities also available. For information about the MedicAlert SafelyHome program please call: 1-855-581-3794 (toll free)

#300-16850 66 Avenue  
Surrey, BC, V3S 5M1

(604) 575-6700  
Fax: (604) 575-6710  
Email: [rpuszka@alzheimerbc.org](mailto:rpuszka@alzheimerbc.org)  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

# Arthritis

## ***The Arthritis Society BC/Yukon Learning Centre***

Provides education and training for health professionals and for people with arthritis. Services include an information library, volunteers to answer questions, and a treatment centre. Hours: Monday - Friday 10:00 am to 4:00 pm. Multilingual.

Mary Pack Arthritis Centre  
895 - W 10<sup>th</sup> Avenue  
Vancouver, BC, V5Z 1L7

(604) 875-5051  
Toll free: 1(800) 321-1433  
Email: [info@bc.arthritis.ca](mailto:info@bc.arthritis.ca)  
[www.arthritis.ca](http://www.arthritis.ca)

## ***Fraser Arthritis Centre (Regional Office)***

The Fraser Arthritis Centre is a regional office of The Arthritis Society BC & Yukon which has an arthritis resource centre, library (books, magazines, DVDs, Videos & CDs), up to date information on events, and educational programs in the Fraser region. The Fraser Regional office is involved with the Arthritis Support/Wellness and Community groups from Delta, Burnaby out to Hope and Boston Bar. Our volunteers are involved with health and wellness fairs, speaker's bureau arthritis presentations, leading Arthritis Self-Management classes and arthritis Advocacy. Other languages spoken - French. Arthritis Answer Line (10am-4pm): (604) 875-5051

#101-5501 204<sup>th</sup> Street  
Langley, BC, V3A 5N8

(604) 514-9902  
Fax: (604) 514-0401  
Email: [tsilvester-lee@arthritis.ca](mailto:tsilvester-lee@arthritis.ca)  
[www.arthritis.ca](http://www.arthritis.ca)

# Asthma

## ***BC Lung Association***

Information and Referral service for respiratory diseases such as asthma, COPD that includes (chronic bronchitis and emphysema, influenza, pneumonia, sleep apnea, idiopathic pulmonary fibrosis, tuberculosis, and lung cancer. Hours: Monday - Friday 8:30am to 4:30pm.

2675 Oak St.  
Vancouver, BC, V6H 2K2

(604) 731-5864  
Toll Free: 1 (800) 665-5864  
Fax: (604) 731-5810  
Email: [ablog@bc.lung.ca](mailto:ablog@bc.lung.ca)  
[www.bc.lung.ca](http://www.bc.lung.ca)

# Bathing Programs

## ***Bear Creek Villa***

Many people find it hard to bathe safely in their own home, even with support. Often the biggest barrier is a fear of a fall and so some people stop bathing and simply sponge bath to get themselves clean. Our team at Bear Creek Villa felt that it was important to offer a very important resource to the Surrey community and we built our own bathing spa room so that anyone from the community may benefit from community bathing program. You can call our concierge at 604-599-9057 to book your 45 minute bath. You may want to book a reoccurring appointment to reserve your favorite time slot. All appointments are \$45.00 and an assistant is supplied. Requires 48 hours advanced notice.

What to Bring When you come for your bath, you will want to bring:  
A change of clothes, towel, lotions, or other personal products.

8233 140<sup>th</sup> Street  
Surrey, BC, V3W 5K9

(604) 599-9057  
Email: [info@bearcreekvilla.com](mailto:info@bearcreekvilla.com)  
[www.bearcreekvilla.com](http://www.bearcreekvilla.com)

# Bereavement & Hospices

## ***BC Bereavement Helpline***

Helpline for those who need support because they have suffered a loss through death. Provides referral to bereavement support services in the caller's local community throughout the province and compassionate listening.

Hours: Monday - Friday 9:00am to 5:00pm or leave a message.

Other languages- Cantonese, Mandarin. Multilingual information available online.

PO Box 53530  
984 West Broadway  
Vancouver, BC, V5Z 1K7

(604) 738-9950  
Toll Free: 1 (877) 779-2223  
Fax: (604) 265-4795  
[www.bcbh.ca](http://www.bcbh.ca)

## ***Living Through Loss***

Provides professional grief counseling to adults and children who have experienced any type of loss. We offer a confidential and supportive environment in which to discuss your concerns. Group sessions are also available.

(604) 873-5013

## ***Surrey Hospice Society***

Provides training for volunteers who wish to offer support to persons with terminal illnesses and their families. Have children, teen and adult grief programs and one-on-one support, walking groups. Hours: Monday - Friday 9:00am to 4:00pm.

#1-15243 91 Avenue  
Surrey, BC, V3R 8P8

(604) 584-7006  
Fax: (604) 584-7009  
Email: [admin@surreyhospice.com](mailto:admin@surreyhospice.com)  
[www.surreyhospice.com](http://www.surreyhospice.com)

## ***White Rock/South Surrey Hospice Society***

Provides emotional, practical, and spiritual support to individuals, their family, and friends in the White Rock/ South Surrey area who are facing advanced illness or bereavement. Services include: assessment and referral; individual counselling by registered clinical counsellors; group counselling by registered clinical counsellors and professionally trained volunteers; children and teen support; children's day camps; relaxation programs; bereavement walking groups; telephone support; vigil program; emergency response team to provide support in cases of sudden death; a resource library; community outreach and education, and volunteer training. Office Hours: Monday - Friday 9:00am to 4:00pm.

15510 Russell Avenue  
White Rock, BC, V4B 2R3

(604) 531-7484  
Fax: (604) 531-8101  
Email: [contactus@whiterockhospice.org](mailto:contactus@whiterockhospice.org)  
[www.whiterockhospice.org](http://www.whiterockhospice.org)

# **Cancer Services**

## ***BECAUSE WE CARE MASTECTOMY AND WIGS***

We offer a boutique setting in down town Cloverdale for ladies in need of mastectomy bras, breast forms, swim wear, clothing, pre-post op camisoles, wigs, chemotherapy hats, compression garments, scarves, head covers and more! We have direct billing to B.C. Fair Pharma Care!

We also offer home visits for those who cannot make it to us. Home fittings as well as evening and weekends are by special appointment. We suggest making an appointment for in store fittings so we can send time with you. Office Hours: Monday-Friday 9:30am to 4:00pm

#103-5660 176A Street  
Cloverdale, BC

(604) 372-4083  
Email: [fittings toyou@gmail.com](mailto:fittings toyou@gmail.com)  
[www.mastectomyfittings.com](http://www.mastectomyfittings.com)

## ***Screening Mammography Program***

Screening mammograms (breast x-rays) are available to BC women ages 40-79 who have no new breast problems. To refer yourself or book an appointment at any of the sites call: 1-800-663-9203 or 604-877-6187. Clients may refer themselves to this provincial breast cancer screening program as long as they have no lumps, implants or have had breast cancer.

### ***Peach Arch Hospital***

Berkeley Building  
15476 Vine Ave  
White Rock, BC, V4B 2R4

(604) 535-4512

### ***Surrey (Jim Pattison Outpatient Clinic and Surgical Centre)***

9750-140<sup>th</sup> Street  
Surrey, BC, V3T 0G9

(604) 582-4592

### ***Langley Memorial Hospital***

22051 Fraser Highway  
Langley, BC, V3A 4H4

(604) 514-6044

### ***Delta Hospital***

5800 Mountainview Blvd.  
Delta, BC, V4K 3V6

(604) 946-1121

## ***Cancer Society Volunteer Driving Program***

Transportation provided for diagnosed patients to and from recognized cancer related treatment programs and services. Passengers must be able to enter/exit vehicles and share rides. Request a minimum of 2 business days in advance. Hours: Monday – Friday 8:00am – 5:00pm.

#205-369 Terminal Avenue  
Vancouver, BC, V6A 4C4

(604) 215-5462



# Caregiver Support & Resources

## ***Seniors Come Share Society - Caregiver Outreach & Education***

**Support for those caring for family members and friends**

Caregiving can be an incredibly rewarding experience, but it is also common for caregivers to experience increased stress, health problems, and financial consequences. Without support, caregivers can 'burnout' and become unable to continue providing care. For the sake of your own health, and that of the person you are caring for, it is beneficial to find out how to take care of yourself to ensure you get the support you need.

### ***Supports we offer:***

- Direct Support for Individuals and Families
- Caregiver Workshops
- Outreach to Various Groups & Organizations within the Community
- Referrals and Information about Community & Health Care Service
- Educational Sessions
- Support Groups

**Caregiver Outreach & Education Coordinator:**

Call (604) 531-9400 ext. 202 or email [Caregivers@comeshare.ca](mailto:Caregivers@comeshare.ca)

## ***Brilliant Building***

Brilliant Building, offers an innovative service to enable seniors to age at home independently, safely, and longer. It is customized to meet the needs of homeowners, extended family and caregivers.

- Enables a home to automatically detect and alert someone in the case of unusual activity such as a fall, wandering, or failing to get up when expected.
- Creates a safer environment with automatic lights and in-home audio/visual alerts for unsafe situations such as an appliance left on.
- Provides a solution for challenging situations that pendants (e.g. Lifeline) may not be able to solve
- 100% of the cost covered through BC Government HAFI grant for qualifying low income seniors

(604) 200-0080

Email: [jason@brilliantbuilding.com](mailto:jason@brilliantbuilding.com)  
[www.brilliantbuilding.com](http://www.brilliantbuilding.com)

## ***Golden Age Paradise***

Independent Supportive Living: Home away from Home housing for mobile elderly Women. We understand the need to provide our elderly with all the support they need and how important it is to have an active day with companionship. Here she will have companionship like living with her own daughter. We offer 24 hour support as well as nutritious meals, laundry service and housekeeping. All rooms are furnished and beautifully decorated and we are willing to accommodate comfort for each individual. Small non shedding dogs may be considered.

Adult Day Break Service: Perhaps you are looking for an Adult Day Break Service that will give family caregivers some relief and support to go shopping or run errands. Our Adult Day Break Service include recreation, workshops, entertainment and activities. For those who love gardening we offer supervised Square Foot Gardening in the back yard during the summer. Half Days and Full Days with snacks and meals are provided.

Hours Monday to Friday 10-4pm

Respite Support Service: We are available in our home to give you comfort and peace of mind knowing that the person you love with mild dementia or any other situation is spending time with another caring individual in a safe supportive environment. Hours Dependent on need.

All programs and housing requires registration to secure a spot and for now a private pay service.

15841 Buena Vista Ave  
White Rock, BC, V4B 2A2

(604) 694-9000  
[www.goldenageparadise.com](http://www.goldenageparadise.com)

## ***Serenity Senior Services***

Serenity Senior Services provides non-medical services for seniors and senior caregivers. Our mission is to help allow seniors maintain their independence and enrich their daily lives by lending a hand, providing a caring companion, and by brightening his or her day.

Services include: Companionship, errand service, housekeeping, organizing, gardening, retirement residence consulting, support groups, and companionship plus program (floral arranging, crafts, manicures, baking, painting, and more)

We all lead busy lives and have things to do. You can't always do everything. So whether you are a senior or a senior caregiver, let us lend a hand, because you deserve a little Serenity.

(604) 764-6478  
[www.Serenity-SeniorServices.com](http://www.Serenity-SeniorServices.com)

## ***Burnaby Seniors Outreach Services Society***

SENIORS HELPING SENIORS HELP THEMSELVES – since 1987

Non-profit society dedicated to promoting the well-being of seniors through the support of their peers. Provides outreach, information and referral services to the seniors of Burnaby.

Peer counsellors offer free, confidential support in the clients own home, to seniors age 50 and over who are facing anxiety, frustration or difficulty because of life changes in the later years.

We can help alleviate CAREGIVER stress by giving the needed support to those who are providing unpaid care for relatives or older adults. Hours are 9:00 am to 3:00 pm Monday and Wednesday and 9:00 am to 1:00 pm Friday.

#106-2101 Holdom Avenue  
Burnaby BC, V5B 0A4

(604) 291-2258  
Email: [bsoss@telus.net](mailto:bsoss@telus.net)  
[www.bsoss.org](http://www.bsoss.org)

## ***Caregivers Network of Surrey/Delta***

Offers emotional and social support to family caregivers who provide care to a loved one with a chronic or long-term illness, disability or frailty. Services include one-on-one support, day and evening support groups, and linking to needed resources.

**Support Groups** meet as follows:

- **Newton Seniors Come Share Society:** last Monday of the month 7:00 to 9:00pm
- **Northcrest Care Facility:** third Wednesday of the month 10:00am to 12:00noon
- **Kennedy Senior Recreation Center:** third Wednesday of the month 6:30 to 8:30pm
- **Fleetwood Villa:** last Thursday of the month 16028 - 83<sup>rd</sup> Avenue, 10:00am to 12:00noon

#109-14998 101A Ave  
Surrey, BC, V3R 0T1

Voicemail: (604) 686-3793

## ***DiverseCity***

We provide information, referral and support services to South Asian caregivers in Punjabi, Hindi and Urdu languages. Services can be accessed in person or by telephone. Caregivers can meet the worker one to one in the office or at home (home visits) or in a group setting. Support groups offer support and information to caregivers of frail, elderly or ill family or friends. In addition, support groups offer caregivers a chance to connect with others in similar circumstances for relaxation and recreation. All the group activities are held at Surrey Delta Immigrant Services Society and all services are confidential and free of charge.

#1107-7330 137<sup>th</sup> Street  
Surrey, BC, V3W 1A3

(604) 597-0205

## ***Family Caregivers Network Society***

Provides support, education, and information to individuals who provide unpaid care and support to adult family members or friends who live either at home or in a facility and are frail, elderly, disabled, or chronically ill. Services include: one-to-one emotional support by telephone, in-person, or on-line, help navigating the healthcare system, referral and information on community resources, caregiver support groups, resource lending library, handouts, educational workshops, tele-workshops, webinars and community presentations, bi-monthly newsletter, comprehensive and informative website, Tyze Personal Networks to share the care, Resource Guide for Family Caregivers, 2nd edition, Toolkit for Employers – Resources for Supporting Family Caregivers in the Workplace, collaborating with community, health authority and government partners to improve policy and practice. Monday to Friday: 8:30am – 4:00pm.

526 Michigan Street  
Victoria, BC, V8V 1S2

1(250) 384-0408  
Toll Free 1(877) 520-3267  
Email: [caregiversupport@fcns.ca](mailto:caregiversupport@fcns.ca)  
[www.familycaregiversnetwork.org](http://www.familycaregiversnetwork.org)

## **Community & Multicultural Services**

### ***Seniors Come Share Society - Community Support Programs***

Our services assist older adults to remain independent in their homes for as long as possible. These programs include: Caregiver Outreach and Education, Information and Referral, Volunteer Programs, South Surrey/White Rock Better at Home Program, Social group programs, Neighbor Network Program and Community meal programs and dinners. All programs are sensitive to cultural and diverse needs of our clients. Language assistance can be arranged.  
Hours: Monday - Friday, 9:00am – 4:00pm.

- **Seniors Information and Referral Line**

This service provides up to date information connecting you to community services. This information will link you to organizations, health professionals and businesses.

- **Seniors Resource Directory**

This large print directory has information in specific areas providing easy access and helpful information about local organizations and businesses. Call our office to enquire about submitting information for our next publication or to acquire copies.

- **Caregiver Outreach & Education**

Supports we offer: Direct Support for Individuals and Families, Educational Sessions, Caregiver Workshops, Support Groups, Outreach to Various Groups & Organizations within the Community, Referrals and Information about Community & Health Care Service

- **Community Lunches**

Our Meal Programs in Surrey and White Rock offers older adults a community lunch to enjoy a hot nutritious meal in a group setting and at some venues, entertainment as well. The Meal Program provides the opportunity for seniors to meet new friends and to engage in socialization!

- **Health and Wellness Fairs**

Community Support Services attend several Health and Wellness Fairs help to promote our services and provide information about other community services.

- **Free Information & Education Sessions**

These sessions are held all year long focusing on senior's issues and interests. We offer a wide spectrum of topics such as tax preparation/information, caregiver education, dementia information, fall prevention, medication safety, health and well-being tips as well as current issues of the day.

- **Senior Service Connectors**

Offers resources and referrals for seniors and families. We help connect seniors and/ or their caregivers with available information and services in our community including: Volunteer Services, Legal Services, Recreation Programs, Financial Services, Housing Options, Food Services, Health Services, Caregiver Programs, Help with forms. We have 13 permanent locations throughout Surrey and White Rock. If you cannot make it out to one of these locations please call us and we can arrange for one of our volunteers to come to you.

- **Special Events**

Social teas, parties and theme-focused events all provide older adults with an opportunity to do something new and interesting. This challenges everyone to add some spice to their lives contributing experience and knowledge to these activities for a really fun filled time.

15008 26th Avenue  
Surrey, BC, V4P 3H5

(604) 531-9400  
Fax: (604) 531-9498  
Email: [info@comeshare.ca](mailto:info@comeshare.ca)  
[www.comeshare.ca](http://www.comeshare.ca)

## ***Alexandra Neighbourhood House***

A member of the Association of Neighborhood Houses of BC, Alex House serves the community by offering activities, events, and programs for people of all ages. Programs for seniors include a monthly community lunch (Sept-June), monthly out-trips (Sept-June), and weekly knitting and walking groups. Alex House also runs a community garden, and a Reading Room (open by appointment), where people can take a book or leave a book. Hours: Monday-Friday, 9am to 4pm.

2916 McBride Avenue  
Surrey, BC, V4A 3G2

(604) 535-0015  
Fax: (604) 535-2720  
[www.alexhouse.net](http://www.alexhouse.net)

## ***DiverseCity Community Resource Society***

Provides services in the following: information and referral, interpretation and translation, English language programs, family counseling, career services, women's programs and community development (settlement and integration).

Hours: Tuesday - Thursday 8:30am to 9:00pm, Monday & Friday 8:30am to 4:30pm.

#1107-7330 137<sup>th</sup> Street  
Surrey, BC, V3W 1A3

(604) 597-0205  
Fax: (604) 597-4299  
[www.dcrs.ca](http://www.dcrs.ca)

## ***Immigrant Services of BC***

ISS of BC is a friend of newcomers, assisting with immediate settlement needs by providing information on settlement as well as immigration information. The main settlement office is located in Vancouver.

530 Drake Street  
Vancouver, BC, V6B 2H3

(604) 684-7498  
Fax: (604) 684-5683  
Email: [settlement@issbc.org](mailto:settlement@issbc.org)

## ***Fraser Region Aboriginal Friendship Centre Association***

Formerly called Surrey Aboriginal Culture Society, this center supports activities that promote health and economic well-being of Aboriginal people and promote the resurgence of resident Aboriginal culture, language and teachings, particularly those of local residency.

6878 King George Blvd  
Surrey, BC, V3W 4Z9

(604) 584-2008

## ***Jewish Seniors Alliance of Greater Vancouver***

The JSAGV is an organization supporting Jewish seniors and all other seniors through advocacy, information, education, research and peer support programs. Membership is open to everyone. Call (604) 267-1555

949 West 49<sup>th</sup> Ave  
Vancouver, BC, V5Z 2T1

(604) 732-1555  
Email: [office@jsalliance.org](mailto:office@jsalliance.org)  
[www.jsalliance.org](http://www.jsalliance.org)

## ***The Oak Avenue Neighborhood Hub Society***

The Hub is a non-profit organization providing a range of services for youths, families and seniors in the community. Programs for seniors:

- **Seniors Computer Class (for all levels):** Mondays 1:00 to 2:30pm.
- **Seniors Luncheon:** Free drop-in lunch every 2nd and 4th Monday of the month, 11:30am to 1:030pm. (Homemade soup and sandwiches are served)
- **Chinese Seniors Activity Day:** Wednesdays 9:30 – 12:30 (Drop-in activities for Chinese seniors – Table Tennis, Singing, Tai-Chi & Group Exercise Dancing)
- **Seniors Cooking Club:** Twice a month and focus on health and wellness.

12740 102 Avenue  
Surrey, BC, V3V 3E5

(604) 582-7088  
Fax: (778) 395-0323  
Email: [info@oanh.ca](mailto:info@oanh.ca)  
[www.oanh.ca](http://www.oanh.ca)

## ***Options Community Services***

Non-Profit society providing community social services in Surrey, Delta, Langley and White Rock. Aims to help people to help themselves and to promote safe, healthy, and vibrant communities. Administration office hours: 8:30am – 4:30pm and Newton office hours 9:00am – 5:00pm.

Administration Office:  
9815 – 140<sup>th</sup> Street  
Surrey, BC, V3T 4M4

(604) 584-5811  
Fax: (604) 584-7628  
[www.options.bc.ca](http://www.options.bc.ca)

Newton Office:  
13520 – 78<sup>th</sup> Avenue  
Surrey, BC, V3W 8J6

(604) 596-4321  
Fax: (604) 572-7413  
[www.options.bc.ca](http://www.options.bc.ca)

## ***Progressive Intercultural Community Services (PICS) Society***

PICS Society is a registered non-profit society that actively promotes harmony and intercultural understanding to build a more inclusive society. They provide services that directly assist women, youth, seniors, and new immigrants in the community. They offer settlement services, employment programs, housing programs, counselling and support services. Office locations are in Surrey, Delta, White Rock, and Vancouver. Hours: Monday to Friday, 8:30am-4:30pm

**Head Office**  
#205-12725 80th Avenue  
Surrey, BC, V3W 3A6

(604) 596-7722  
Email: [pics@pics.bc.ca](mailto:pics@pics.bc.ca)  
[www.pics.bc.ca](http://www.pics.bc.ca)

## **Sources**

Sources Community Resource Centre is a community-based non-profit agency dedicated to supporting the needs of children, youth and families, persons with disabilities, and seniors that reside throughout the communities of White Rock, Surrey, Langley, and Delta.

882 Maple Street  
White Rock, BC, V4B 4M2

(604) 531-6226  
Fax: (604) 531-2316  
Seniors Info and Referral (604) 542-4357  
Email: [info@sourcesbc.ca](mailto:info@sourcesbc.ca)

## **Sources - Women's Place**

A drop-in and resource center for women of all ages. Clothing exchange, support groups for single mothers, lesbians, women with disabilities and survivors of sexual abuse and of abusive relationships. Family Law advocacy and individual counselling are also available by appointment only. All services are free of charge.

Hours: Monday closed, Tuesday - Friday 10:30 am to 2:30pm.  
Free Lunches Tuesday through Friday 12:00 noon – 1:30 pm.

15318- 20<sup>th</sup> Avenue  
Surrey, BC, V4A 2A2

(604) 536-9611 ext. 1801  
Fax: (604) 536-6362  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

## **S.U.C.C.E.S.S – Surrey Service Centre**

SUCCESS is a multi-service agency in BC that delivers services in five major areas: social services, employment services, business and economic development services, and health services. They also provide settlement services as well as English lessons. The services are provided in all the following languages: English, Punjabi, Cantonese, Mandarin, Farsi, Korean, Arabic, French, Tagalog and Vietnamese.

#206–10090 152<sup>nd</sup> Street  
Surrey, BC, V3R 8X8

(604) 588-6869

## **Welcome Wagon**

Visits all newcomers to the community. Serves South Surrey and White Rock. Provides information about community services. Represents businesses, and supplies complimentary gifts. Dianne Grehan at (604) 536-0566

(604) 536-5247  
[www.welcomewagon.ca](http://www.welcomewagon.ca)



# Complaints

## ***BC Government Agencies - Ombudsperson***

Whenever possible, you should first try to resolve your complaint directly with the public agency involved before coming to the Ombudsperson's office. Many public agencies have an internal process for handling complaints. If you've tried resolving the problem and still feel that you've been treated unfairly, the Ombudsperson's office may be able to help.

1(250) 387- 5855  
Toll Free: 1(800) 567-3247

## ***Better Business Bureau of Mainland BC***

To report fraudulent home repairs, door-to-door sales, fraudulent charities, etc. Complaints must be made in writing.

(604) 682-2711  
[www.bbbvan.org](http://www.bbbvan.org)

## ***Consumer Protection BC - Consumer Complaints***

For inquiries or complaints regarding consumer contracts, credit reporting, gift cards or the cost of consumer credit, contact our Inquiry Department.

(604) 320-1667  
Toll Free: 1(888) 564-9963

## ***Financial Consumer Agency of Canada - Banks, Trust Companies, Loans, and Insurance Companies***

All banks, retail associations and federal trust, loan and insurance companies must, by law, have a complaint-handling process in place for consumers. If you have a complaint or a problem with a financial institution, start by contacting the local and senior levels of the institution.

Toll Free: 1(866) 461-3222

## ***Financial Institutions Commission – Real Estate, Pension and Financial Services***

The Financial Institutions Commission (FICOM) is an agency of the provincial government, which administers statutes providing regulatory rules for the protection of the public in the province of BC.

(604) 660-3555  
Toll Free: 1(866) 206-3030  
[www.fic.gov.bc.ca](http://www.fic.gov.bc.ca)

## ***Fraser Health Authority***

Contact the Patient Care Quality Office. Complaints can be made verbally, in person, by phone or in writing. Office hours are Monday to Friday from 8:30 a.m. to 4:30 p.m. Closed on weekends and statutory holidays.

Mail: Patient Care Quality Office  
11762 Laity St (4<sup>th</sup> Floor)  
Maple Ridge, BC, V2X 5A3

1(877) 880-8823  
Fax: 604-463-1888  
E-mail: [pcqoffice@fraserhealth.ca](mailto:pcqoffice@fraserhealth.ca)

## ***ICBC Customer Relations***

Do you have a complaint? If you're not happy with the service you received from us, or a decision, procedure or policy, we want to hear from you.

(604) 982-6210  
Toll Free: 1(800) 445-9981

## ***OmbudService for Life and Health Insurance***

The OmbudService for Life & Health Insurance (OLHI) is a national independent complaint resolution and information service for consumers of Canadian life and health insurance products and services, including life, disability, employee health benefits, travel, and insurance investment products such as annuities and segregated funds

Toll Free: 1(888) 295-8112  
[www.olhi.ca](http://www.olhi.ca)

## ***Safety Standards Appeal Board – Home Construction***

The Board's purpose is to resolve appeals from decisions made under the Safety Standards Act and the Homeowner Protection Act to determine if the decisions were fairly made in accordance with the provisions of the legislation. The Board's objective is to carry out its work in a just, consistent, timely and cost-efficient manner.

Toll Free: 1(250) 387-4021  
[www.housing.gov.bc.ca/ssab](http://www.housing.gov.bc.ca/ssab)

# Computer Education and Support

## ***Seniors Come Share Society - Computer Lessons***

Enjoy lessons on iPads, Android tablets, laptops (Mac/Windows) or desktop. Learn and enhance your computer skills as well the many learning facets of social media such as Facebook, Twitter, and Instagram. Lessons run Monday-Friday by donations. Registration is required.

15008 26 Avenue  
Surrey, BC, V4P 3H5

604) 531-9400  
Fax: (604) 531-9498  
[www.comeshare.ca](http://www.comeshare.ca)

## ***Jessica's Help Desk***

Affordable, patient and friendly computer training in the comfort of your own home. Whether you are new to computers, returning for review or just want to learn specific programs, my computer tutorials and on-site training can be tailored to your needs. Learn email, photos and internet browsing at your own pace. Support offered for PC's, iPads, TV's and everything in-between. Consultation on electronic purchases, installation and pick-up/delivery also available. Call to book an appointment and for rate information. No travel time charged within White Rock/South Surrey area. Jessica's Help Desk is here to help with all your technical needs.

(604) 560-2030  
Email: [help@jessicashelpdesk.com](mailto:help@jessicashelpdesk.com)  
[www.jessicashelpdesk.com](http://www.jessicashelpdesk.com)

## ***Electronic Classrooms at the Library***

If you need a computer to use for internet or word processing, visit any of the following Libraries:

- **Strawberry Hill** (604) 501-5839
- **Semiahmoo** (604) 592-6908
- **Guildford** (604) 598-7366
- **City Centre** (604) 598-7426

A valid library card is required to use the computers on a first-come basis. At any of the Electronic Classrooms you can use Microsoft Office products including Word, Excel, PowerPoint, and Access.

## ***Computer Labs at Seniors Centers***

Computer Labs are available at the following senior Centers. Contact the center directly for more information.

- **Newton Seniors' Centre (lab available for registered classes only)** (604) 501-5010
- **Chuck Bailey Rec. Centre (lab available for senior members only)** (604) 502-6380

# Counselling Services

## ***Alliance Clinic Ltd.***

Our vision for the Alliance Clinic is to provide the highest quality service to patients. We realize that many patients struggle with concurrent disorders and multiple addictions. Our objective is to deal with these mental health disorders, appropriately refer patients as needed to external support groups and ensure patients are seen on an expedited basis. Groups take place 3 times per week on Tuesday, Wednesday and Thursday evenings. All groups are restricted to patients of Alliance Clinic.

### Tuesday

Grief Group - 5pm to 6pm - Led by Janie MacKay

This group is by invitation and has a fixed start and end date.

### Wednesday

Recovery Group - 5pm to 6pm - Led by Wendy Oakes

Open group - All patients at Alliance Clinic are welcome to attend.

### Thursday

16-Step Group - 5pm to 6:30pm - Led by Wendy Oakes

This 16 week group is by invitation and has a fixed start and end date.

10085 Whalley Blvd  
Surrey, BC V3T 4G1

(604) 582-5826

## ***BC Association of Clinical Counselors***

Offer a variety of educational and mental health related services for individuals, couples, families and groups.

1(800) 909-6303

## ***BC Psychological Association***

Looking for highly trained mental health professional able to help address your specific concerns?  
Open Monday to Friday from 9:30 am – 4:30 pm

1(800) 730-0522

## ***Credit Counseling Society***

If you are stressed because of your debt, struggling to make your minimum payments each month and need a plan to get your finances back on track, we can help.

1(888) 527-8999

## ***Fraser River Counselling***

Fraser River Counselling (FRC) offers a broad range of counselling services for the community. While under the supervision of a professional counsellor, practicum students from the Master of Arts in Counselling Psychology program at Trinity Western University deliver a range of clinical services for children, youth, and adults. Our counsellors are all graduate students who have considerable training in psychology and experience working in the helping profession. Counselling sessions are monitored by an experienced faculty supervisor. Our counsellors are available on Mondays and Wednesdays, in the afternoons and evenings. We have two offices located in Langley at the Trinity Western University Campus and at Nicomekl Elementary School. We also have one office in Abbotsford, at Abbotsford Senior Secondary School. There is a \$20-\$40 charge for counselling services per visit, depending on counsellor availability. In case of hardship this fee can be reduced or waived. Income generated from these fees goes directly towards enhancing the services offered to our clients, including increased intake and referral services and improved observation technology. Please visit our website for more information: [www.twu.ca/cpsy/fraserrivercounselling](http://www.twu.ca/cpsy/fraserrivercounselling). You can also contact us at 604-513-2113 for intakes and confidential inquiries, or email us at [frc.intakes@gmail.com](mailto:frc.intakes@gmail.com).

## ***Living Through Loss***

Provides professional grief counseling to adults and children who have experienced any type of loss. We offer a confidential and supportive environment in which to discuss your concerns. Group sessions are also available.

(604) 873-5013

## ***Problem Gambling Help Line***

The Problem Gambling Help Line provides help from trained professionals who can help work out ways to reduce the problems associated with gambling. Free – multilingual – 24/7 – confidential.

Lower Mainland: 2-1-1  
Rest of BC: 1(888) 795-6111  
TTY (604) 875-0885  
Email: [help@bc211.ca](mailto:help@bc211.ca)

## ***SFU Surrey Counselling Centre***

Students in Surrey School District and their parents or guardians have access to free counselling through Simon Fraser University. Counselling available for a range of issues, including parenting, bereavement, depression, anxiety, bullying and sexual orientation.

9484 122<sup>nd</sup> Street  
Surrey, BC  
(L.A. Matheson Secondary)

(604) 587-7320  
[www.surreyschools.ca/parentservices/freefamilycounselling/](http://www.surreyschools.ca/parentservices/freefamilycounselling/)

# Crisis Lines

## ***Ama Transition House***

### **Senior Women's Outreach**

Providing transitional housing for senior women fleeing abuse, or over the phone support, and advocacy to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship. 24 hours a day 7 days a week

Crisis calls can be directed to: Durrant Crisis at (604) 531-4430 - 24 hours a day, 7 days a week.

#1-2970 King George Blvd.  
White Rock, BC, V4P 0E6

(604) 542-5992

Fax: (604) 542-5993

Email: [amasupport@atira.bc.ca](mailto:amasupport@atira.bc.ca)

## ***Crisis Centre***

We are a volunteer driven organization committed to helping people help themselves and others deal with crisis.

(604) 872-1234

## ***Crisis Line Association of BC- Mental Health***

310 Mental Health Support is the toll-free provincial access to emotional support, information and resources specific to mental health. In operation since 2009, this network is also available 24/7/365 throughout BC.

(604) 310-6789

## ***Crisis Line Association of BC- Suicide***

1(800) SUICIDE is the first of its kind in Canada, the network has supported tens of thousands of callers throughout BC ensuring that people have access to skilled suicide assessment and intervention when they need it most. The focus is on answering and supporting suicide-related calls. When needed, crisis line workers are able to provide intervention through emergency mental health teams and other emergency services.

1(800) 784-2433

## ***Fraser Health - Crisis Line***

Run by Options Community Services, the Crisis Line provides a 24-hour counseling phone line. What kinds of calls does the crisis line receive? People call for numerous and varied reasons: suicide, mental health problems, relationship conflicts, family violence, grief, addiction issues, or just plain loneliness. To reach the Options Community menu, contact the non-emergency number at 604-584-5811. Hours for Options Community Services are Monday - Friday 8:30am to 4:30pm.

(604) 951-8855

Toll Free: 1(877) 820-7444

Fax: (604) 584-7628

# Dental Resources

## ***Adam Denture Clinic***

Adam Wejkszner is a licensed denturist welcoming all new patients, no referral necessary. We cover all dentures services including complete dentures, partial dentures, dentures over implants, relines/rebases and repairs. No appointment is required, walk in today or call in to book your appointment for a free consultation. ADAM DENTURE CLINIC is conveniently located in South Surrey, White Rock at the intersection of King George Blvd and 24<sup>th</sup> Avenue. It is the premise of Village Centre, free parking across the street from Safeway, (behind Don Beck Automotive) near the back. If transportation is an obstacle, we can work around this. We provide in home services as well as pick up and deliveries for your convenience.

70 – 15515 25<sup>th</sup> Avenue  
South Surrey, White Rock, BC, V4A 1P9

(604) 308-7669

## ***MTI Community College Dental Assisting Clinic***

Dental assisting students provide services under the supervision of licensed dentist, dental hygienist, and certified dental assistant instructors. The cost is \$25 (cash only) for the following services:

- Dental examination/check-up
- Dental x-rays
- Polish stains off teeth (no scaling/removal of tartar)
- Fluoride
- Dietary and oral health education

The appointments are 3 hours each.

Sorry we cannot treat anyone with uncontrolled high blood pressure, uncontrolled diabetes, had a heart attack or stroke within 6 months, or requires antibiotics before dental treatment.

We do not treat toothaches, cavities, abscesses, loose teeth, bleeding gums, or fix dentures. For clinic hours please contact us.

Unit 605 – 5050 Kingsway  
Burnaby, BC, V5H 4C2

(604) 437-6030

## ***Keys Dental Clinic***

Non-profit dental clinic. Free services for those on disability or low income assistance. For those who don't meet those requirements there are low cost cleanings and other services are on the Ministry pay scale. Provide all types of dental services at a discounted rate. Accept cash only. Charge 57% of the BC dental fee guide on most of the procedures.

10697 135A Street  
Surrey, BC, V3T 4E3

(604) 589-8678 ext. 122

## ***Pacific Oral Health Society***

The Pacific Oral Health Society is dedicated to providing access to oral and dental health care for lower income and vulnerable individuals and families in the Fraser Valley region of British Columbia. We intend to work with established agencies in the community, such as food banks, women's shelters, hospice societies as well as drug and alcohol rehabilitation centers to assist individuals who currently do not receive professional oral health care. In executing its primary purpose of providing access to oral health care, the Society will provide dental services at reduced rates, consistent with the fees of the University of British Columbia's Faculty of Dentistry, to those patients in demonstrated financial need. We welcome all patients and if financial need cannot be demonstrated, we will provide dental care according to the British Columbia Dental Association's Fee Guide.

#300-15850 24 Ave  
Surrey, BC, V3S 0G1

(604) 536-2700  
Email: [Info@pohs.ca](mailto:Info@pohs.ca)  
[www.pohs.ca](http://www.pohs.ca)

## ***Sources - Dental Clinic***

Sources Dental Clinic offers dental services to low income individuals living in the White Rock/South Surrey area who do not have dental benefits available. The clinic offers basic dental services including Dental Examinations, Pain Relief due to dental problems, Basis Tooth Restoration (eg. Fillings) and Tooth Extractions. Dental Services are provided at Weatherby Pavilion, Peace Arch Hospital. Call to book an appointment or for additional information.

(604) 542-4357

## ***UBC Dental Clinic***

Dental services provided by students of the UBC Dental Clinic are available at reduced rates. Length for treatment varies. Regular clinic schedule is from September to May. From June to August, limited scheduling only for our regular patients. Hours: Monday - Friday 8:15am to 5:00pm.

Faculty of Dentistry  
2151 Westbrook Mall  
Vancouver, BC, V6T 1Z3

(604) 822-2112  
Fax: (604) 822-3708  
[www.dentistry.ubc.ca](http://www.dentistry.ubc.ca)

## ***Vancouver Community College - Dental Clinic***

Downtown campus clinic offers quality, low-cost dental care to the general public. Services are delivered by students under the guidance of experienced instructors. All clients must meet specific criteria to qualify for services. Closed during the summer.

250 West Pender St.  
Vancouver, BC, V6B 1S9

(604) 871-7000  
[www.vcc.ca](http://www.vcc.ca)



## ***Vancouver General Hospital Diamond Health Care Centre***

Dental services by dental residents are available at reduced rates up to 10%. All other work done by staff dentists is at regular rates. By appointment only. Hours: Mon- Fri 8:30am to 4:00pm.

2775 Laurel Street (7<sup>th</sup> Floor)  
Vancouver, BC, V5Z 1M9

(604) 875-4006  
Fax: (604) 875-5493

## **Denturists**

### ***Adam Denture Clinic***

Adam Wejkszner is a licensed denturist welcoming all new patients, no referral necessary. We cover all dentures services including complete dentures, partial dentures, dentures over implants, relines/rebases and repairs. No appointment is required, walk in today or call in to book your appointment for a free consultation. ADAM DENTURE CLINIC is conveniently located in South Surrey, White Rock at the intersection of King George Blvd and 24<sup>th</sup> Avenue. It is the premise of Village Centre, free parking across the street from Safeway, (behind Don Beck Automotive) near the back. If transportation is an obstacle, we can work around this. We provide in home services as well as pick up and deliveries for your convenience.

70 – 15515 25<sup>th</sup> Avenue  
South Surrey, White Rock, BC, V4A 1P9

(604) 308-7669

### ***David & Michelle DuGuay***

At White Rock Denture Clinic Ltd. we provide complete and partial dentures, dentures over implants, characterized precision dentures, as well as repairs, relines, rebases, and soft liners to the public. New patients are welcome with no referral necessary. We have been family owned and operated since 1976 and are committed to the highest standard of treatment for our patients. Call to book your free consultation and visit our website at [www.whiterockdentures.ca](http://www.whiterockdentures.ca).

15168 Roper Avenue  
White Rock, BC, V4B 2E7

(604) 531-0150

### ***Vancouver Community College – Dentures/Hygiene***

Only provides hygiene and denture services. Cleaning services are \$30 but a time commitment is required. Denture services include new complete or partial dentures as well as relines to existing dentures. Denture repairs are also available. Cost is approximately 50% of going commercial rates. Required to be screened first. Work is done by students and supervised by professionals. Located near Stadium Sky train station.

250 West Pender Street  
Vancouver, BC, V6B 1S9

(604) 871-7000

# Diabetes

## ***Live Well Exercise Clinic***

Live Well Exercise Clinic is a valuable and unique experience for every individual who participates in our program. Our team of physicians, exercise physiologists, nurses and other healthcare professionals will help you become a healthier you. The LIVE WELL program offers exercise, nutrition, and health education. Our clinic is founded on making small changes that have a great impact on the quality of your daily life. We believe that exercise is medicine and as such our participants can benefit by lowering blood pressure, lowering cholesterol, reducing depression, losing weight, improving blood sugars, reducing stress and anxiety, and improving balance, strength and stamina. We are real people helping real people live fuller, healthier lives. Program cost is paid monthly. (Approx. \$25 per session).

306 – 1676 Martin Drive  
White Rock, BC, V4A 6E7

(604) 541-2846  
[www.livewellexerciseclinic.com](http://www.livewellexerciseclinic.com)

## ***Canadian Diabetes Association***

We're leading the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure

#301-7337 137<sup>th</sup> Street  
Surrey, BC, V3W 1A4

1(800) 226-8464  
[www.diabetes.ca](http://www.diabetes.ca)

## ***Diabetes Outpatient***

Educational program for diabetics including prevention classes, when to read blood sugar, diet, etc. Classes are held twice every month on Monday 8:30am to 12 noon. Must be referred by a doctor.

**Langley Memorial Hospital**  
22051 Fraser Hwy  
Langley, BC, V3A 4H4

(604) 534-4121

## ***Diabetes Resources***

A Canadian Diabetes Association Information and Support Centre for diabetics and their families.  
Hours: Monday, Wednesday, Friday 9:00am to 12:00pm.

Diabetes Information Line

Toll free: 1(888) 666-8586  
Fraser Valley: (604) 732-1331

Diabetes Chinese Information Line

(604) 732-8187

## ***iConnect Health Centre***

The White Rock iConnect Health Centre provides education and services to help clients prevent and manage chronic conditions. Services include education classes, exercise classes and individual counseling with our team. Our registered nurses, dietitians, pharmacists, and exercise specialists help people living with chronic conditions improve quality of life and increase their ability to manage their conditions with confidence. Healthy Living classes are open to the public free of charge. These classes focus on healthy eating, smart shopping, managing cholesterol, blood pressure, weight, stress, understanding your heart event and medications.

For diabetes education classes or the cardiac rehabilitation exercise program, a referral from your physician is required.

15455 Vine Avenue  
White Rock, BC, V4B 2T3

(604) 541-7162  
Fax: (604) 538-9809

## **Elder Care Massage**

### ***Care Hands***

Our Chair Practitioners are fully licensed, certified and recognized by the Natural Health Practitioners of Canada (NHPC) and/or (NCBTMB), and specially trained to give Eldercare Massage. Eldercare Massage uses gentle relaxation techniques to soothe aching muscles, tendons and joints while positioned on a specially designed cushioned chair. Our massage is designed to meet the unique needs and overall health of seniors, with sessions ranging from 15 to 30 minutes.

#### **The various health benefits of elder-care massage can provide are:**

- *Helps to improve lymphatic flow and circulation*
- *Helps to increase strength, muscle coordination & balance*
- *Alleviates headache & chronic pain*
- *Can greatly assist in arthritic pain management*
- *Helps to reduce painful joints and tight muscles*
- *Increase range of motion*
- *Relief from anxiety, depression and stress*
- *Promotes easier and deeper breathing*
- *Improves your quality and length of sleep*
- *Boosts natural energy levels and mental awareness*

Massage chairs are portable; therefore we are able to come to you and are able to set up quickly in almost any location. Chairs are fully disinfected prior to each visit and the face-rest cloths that are used are disposable, therefore ensuring that sanitary standards are adhered to. Individuals using a wheelchair can still benefit from the massage as they remain in their personal mobility device, while resting against a padded table top cushion. There is no need to remove any clothing as the Chair Practitioner will use their massage techniques effectively through the clothing. In consideration of the fact that some individuals have sensitivities to certain products and scents, no lotions, oils or scented products of any kind are used during sessions.

Call Us now to have a Free Discussion on Elder Care Massage at your Location: (604) 723-1516 or (604) 568-6393

# Emergency Response Systems

## ***Ambulance Dispatch***

This non-emergency line serves whole Lower Mainland, including White Rock and Surrey. Operators will call the response team when necessary. In an emergency, Dial 911.

(604) 872-5151  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

## ***Car 67***

An RCMP member and a nurse specializing in mental health work together and respond to calls received involving emotional and mental health issues including dementia. The Car 67 team will drive in an unmarked police vehicle to enhance privacy of the individuals and families that they serve. Approximate hours are 2:30pm-1:00am

Police Non-Emergency: (604) 599-0502  
Life Threatening Situations Only: 911

## ***Fraser Health - Lifeline***

A personal emergency response program that ensures assistance to you 24 hours a day, 7 days a week. Activation Fee: \$40.00, Monthly Monitoring: \$35.00. Upgraded Unit available with special features including: Reminders to take medications and help to remember medical appointments.

(604) 517-8617  
After Hours: 1(800) 387-1215  
[www.fraserhealth.ca](http://www.fraserhealth.ca)

## ***LifeCall***

A personal 24-hour medical alarm system. In the event of an emergency in the home, client presses the button on the LIFE CALL pendant worn around the neck or wrist and help will be dispatched to the home. Monitoring Rate: \$39.95 per month. Must rent for a minimum of three months.

1(800) 661-5433

## ***Surrey Fire Non-Emergency***

Contact the Surrey Fire Service for a FREE HomeSafe Inspections installation of smoke alarms to residents in Surrey. Surrey Fire is involved in public education and safety issues. For any emergency situations call 911.

(604) 543-6700

## ***White Rock Fire Non-Emergency***

For any emergency situations call 911.

(604) 541-2121

# Employment Services

## *Job Options BC for 55+ workers*

Provides a variety of training, including computer training and short term certificate training. Provides job search advice and resume help. Must be age 55+, unemployed and ineligible for EI.

#202- 9801 King George Blvd.

(604) 587-5051

# Energy Saving

## *Energy Conservation Assistance Program from BC Hydro*

Free home energy evaluation for low-income residential account holder, the installation of energy saving products and personalized energy efficiency advice, after qualifying.

1(877) 806-3242

<http://Tinyurl.com/6wzz5n4>

## *Energy Saving Kit from BC Hydro*

Eligible low-income customers of BC Hydro or Fortis BC may be able to receive a free energy saving kit. The kit contains simple, easy-to-install energy saving products.

1(877) 431-9463

<http://Tinyurl.com/25xsuad>

# Financial Services

## *The Bloom Group*

Our Adult Guardianship program manages the income of low income individuals who are no longer able to care for their own financial needs. Helping seniors who have chosen to ask for the administration of their pensions. Fees are as low as possible. Services include:

- **Voluntary Pension Management** – Allows us to administer a client's pension from the income security program only (Canada Pension Plan, Old Age Security, Guarantee Income Supplement, or Employment Union or Veteran Pensions). Service cost is \$45 per month.
- **Non-Voluntary Pension Trustee** – This allows us to administer the pensions of individuals who are incapable of managing their finances. Service cost is \$45 per month.
- **Discretionary Trusts** – For a person with a disability that receives a lump sum amount and signs an agreement with us with the approval of Ministry of Social Development.
- Questions regarding Adult Guardianship services contact Tyng-Wey Fan **(604) 606-0350**, [tfan@thebloomgroup.org](mailto:tfan@thebloomgroup.org), or Deepak Sharma, Program Manager **(604) 606-0335**, [dsharma@thebloomgroup.org](mailto:dsharma@thebloomgroup.org)

391 B Powell Street  
Vancouver, BC, V6A 1G5

# Food & Dietary Services

## Community Lunches (Meal Programs)

### ***Bear Creek Villa***

Hot lunch and Dinner Programs held daily, Lunch @ 12pm is \$8.00 and Dinner @ 5pm is \$12.00. Call us to make your reservation.

8233 140<sup>th</sup> Street  
Surrey, BC, V3W 5K9

(604) 599-9057  
Email: [info@bearcreekvilla.com](mailto:info@bearcreekvilla.com)  
[www.bearcreekvilla.com](http://www.bearcreekvilla.com)

### ***Alexandra Neighbourhood House***

A hot lunch program for seniors and others is held on the second Wednesday of each month from September through June, from 12 to 1:30. Cost: \$8/members of Alexandra Neighbourhood House, \$10/non-members.

2916 McBride Avenue  
Surrey, BC, V4A 3G2

(604) 535-0015

### ***Chuck Bailey Recreation Centre - Forever Young Lunch***

Community lunch program ran by Seniors Come Share Society in partnership with Chuck Bailey Recreation Centre. Entertainment and a Nutritious Meal for seniors 55+, every 4th Wednesday of the month, from 10:30am – 12:30pm. HandyDART can be arranged. Cost \$7.00. We can pay for your lunch! (Subsidy available for individuals with low income). Call (604) 531-9400 ext. 205 for more information or to register.

Chuck Bailey Rec Centre  
13458 107A Avenue  
Surrey, BC

Seniors Come Share Society: (604) 531-9400 ext. 205  
Chuck Bailey Rec Centre: (604) 598-5898

### ***Cloverdale Recreation Centre - Spice of Life Lunch***

Community lunch program ran by Seniors Come Share Society in partnership with Cloverdale Recreation Centre. Entertainment and a Nutritious Meal for seniors 55+, every 2nd and 4th Thursday of the month, 11:30am – 2:00pm. Cost \$8.00. We can pay for your lunch! (Subsidy available for individuals with low income). Call (604) 531-9400 ext. 205 for more information or to register. Meal program is closed during July and August.

Cloverdale Recreation Centre  
6188 176<sup>th</sup> Street  
Surrey, BC

Seniors Come Share Society: (604) 531-9400 ext. 205  
Cloverdale Recreation Centre: (604) 598-7960

## ***First United Community Hot Lunch***

Seniors Hot Lunch program held Wednesdays (\$8.00) at First United Church beginning at 12:00 noon.

**First United Church**  
15385 Semiahmoo Avenue  
White Rock, BC, V4B 1T6

(604) 531-4850  
[www.firstunitedwhiterock.com](http://www.firstunitedwhiterock.com)

## ***Kent Street Activity Centre - Fresh & Lively Lunch***

Community lunch program ran by Seniors Come Share Society in partnership with Kent Street Activity Centre. Entertainment and a Nutritious Meal for seniors 55+, on first 3 Fridays of the each month, 12:00pm – 2:30pm. HandyDART and transportation from our Van pick up can be arranged! Cost is \$7.00. We can pay for your lunch! (Subsidy available for individuals with low income). Call (604) 531-9400 ext. 205 for more information or to register. Meal program is closed during July and August.

1475 Kent Street  
White Rock, BC, V4B 5A2

Seniors Come Share Society: (604) 531-9400 ext. 205  
Kent Street Activity Centre: (604) 541-2231

## ***Newton Seniors Centre - Spice of Life Lunch***

Community lunch program ran by Seniors Come Share Society in partnership with Newton Seniors Centre. Entertainment and a Nutritious Meal for seniors 55+, every 1st and 3rd Wednesday of the month, 11:00am – 1:00pm. Cost \$7.75. We can pay for your lunch! (Subsidy available for individuals with low income). Call (604) 531-9400 ext. 205 for more information or to register.

Newton Seniors Centre  
13775 70<sup>th</sup> Avenue  
Surrey, BC, V3W 0E1

Seniors Come Share Society: (604) 531-9400 ext. 205  
Newton Seniors Centre: (604) 501-5010

## ***The Oak Avenue Neighbourhood Hub Society***

The Hub is a non-profit organization, providing a range of services for youth, families and seniors in the community while also serving as a hub for other organizations and agencies to offer programs. In partnership with Seniors Come Share Society, we offer a Seniors Lunch, every 2nd and 4th Monday of the month, 11:30am – 1:30pm. Free / By Donation drop-in lunch for seniors to socialize, enjoy soup and sandwiches. We can donate for your lunch! (Subsidy available for individuals with low income)

12740 102 Avenue  
Surrey, BC

Seniors Come Share Society: (604) 531-9400 ext. 205  
Hub Office/Programs: (604) 582-7088

## ***St. John's Presbyterian Church***

Friday lunch program 11:00am to 1:00pm. Cost: By Donation

1480 George Street  
White Rock, BC, V4B 4A3

(604) 536-9322

## ***White Rock Baptist Church***

Friday Friendship Seniors hot lunch, with entertainment, noon to 2:00 pm, September to June. Cost: \$8.00. For special holiday meals (Christmas and Thanksgiving) cost is \$10.00. Please call to reserve a spot before 4pm on Wednesdays.

Fitness classes are on Tuesdays and Thursdays at 9:00-10:00am and the cost is \$3.00

You can find the Friday Friendship schedule on the following website:

<http://whiterockbaptist.ca/#/news-calendar-bulletins/calendars-bulletins>.

1657 140<sup>th</sup> Street  
Surrey, BC, V4A 4H1

(604) 531-2344

## **Dietary Services**

### ***HealthLink BC - Dietitian Services***

Free nutritional counseling is provided by a Registered Dietitian/Nutritionist. Available Monday to Friday at different times. Call to find out more information.

Call Toll free: 8-1-1  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

## **Food Banks**

### ***Muslim Food Bank***

Serves both Muslims and Non-Muslims. Provides food hampers on a monthly basis to those in need who have dietary restriction whether religious or cultural. The hamper will normally include rice, flour, oil, sugar and other non-perishable foods. Call to register or to pick-up a hamper.

#101-11558 132A Street  
Surrey, BC, V4R 7S2

(778) 297-4252  
[www.muslimfoodbank.com](http://www.muslimfoodbank.com)



## ***Salvation Army Church & Community Ministries***

Call for an appointment to apply for food bank services. Newton and North Surrey: Monday – Thursday, 9:00am to 12:00noon. South Surrey and White Rock: Tuesday and Friday 10:00am to 2:00pm

13570 – 78<sup>th</sup> Ave  
Surrey, BC, V4W 8V3

(604) 541-5801

## ***Sources - White Rock/South Surrey Food Bank***

A program of **Sources** (formerly Peace Arch Community Services). The Food Bank helps those in need. Clients must provide picture and address ID to register.

Food Distribution Hours: Tuesdays 9:00am to 6:00 pm, Wednesdays and Thursdays, 10:00am to 2:00pm.

Food items can be dropped off during business hours or any local grocery store.

2343 156 Street  
Surrey, BC, V4A 4V5

(604) 531-8168  
Fax: (604) 541-8188

## ***Surrey Food Bank***

The food bank helps low-income individuals and families in the Surrey and North Delta area. Picture identification and proof of income and proof of address are required.

Distribution hours: Monday, Tuesday, Thursday and Friday, 9:30am to 1:00pm

Seniors Only Distribution: Alternate Wednesdays 1:30 – 3:00 pm

10732 City Park Way  
Surrey, BC

(604) 581-5443

## ***Salvation Army White Rock Church and Community Ministries***

The food bank is open Tuesdays and Fridays from 10:00 am – 12:00pm. Individuals or families who are struggling financially may visit a maximum of one time per month for a food hamper. Each client must provide the following upon request: Photo ID, Id for each household member or dependent, proof of address and proof of income. Seniors Drop in is every Wednesday from 10 am – 2 pm and they also have a toonie lunch the same day from 12:00 – 1:00pm runs from September to June.

15417 Roper Ave  
White Rock, BC

(604) 531-7314

# Free or Low Cost Meals

## ***Cloverdale Community Kitchen***

Presently, Pacific Community Church provides room for three community meals to happen weekly:

Monday Night Café: 6:30pm Dinner

Wednesday Night: 6:30pm Dinner

Thursday Lunch: 12pm, Delicious Korean meal, coffee and refreshments

5337 180 Street  
Surrey, BC, V3S 4K5

(604) 574-4001  
Fax: (604) 574-9268  
[www.pacificcommunity.ca](http://www.pacificcommunity.ca)

## ***Gracepoint Community Church***

Free meals on Sunday starting at 5:00pm.

3487 King George Blvd  
Surrey, BC

(604) 538-1825

## ***Nightshift Street Ministries Society***

Outreach provides hot meals, clothing, blankets, and basic care packages. Meals are served outdoors at 7pm nightly; call for serving locations.

10635 King George Blvd.

(604) 953-1114

## ***Oak Avenue Neighbourhood Hub Society – Community Dinner***

The 2<sup>nd</sup> Saturday of every month, with support from various community groups, Oak Avenue Neighbourhood Hub hosts a free meal (drop-in) for the community at the Hub. A full meal is served. Doors open at 4:00pm and dinner is served at 4:30pm.

12740 102 Avenue  
Surrey, BC

(604) 582-7088  
[www.oanh.ca](http://www.oanh.ca)

## ***Oak Avenue Neighbourhood Hub Society – Seniors Cooking Together***

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month: 10:30am – 1:30pm. Seniors get together and learn about new food trends and try new healthy recipes. Registration required.

12740 - 102 Avenue  
Surrey, BC

(604) 582-7088  
[www.oanh.ca](http://www.oanh.ca)

## ***Salvation Army Community & Family Services***

Open Tuesday and Wednesday from 9:30am-2:30pm. Emergency assistance for food and clothing, as well as a variety of other services.

13474 96 Ave  
Surrey, BC, V3V 1Y9

(778) 395-4357

## ***Sikh Gurdwaras***

Local Gurdwaras (Temples) offer meals and all are welcomed.

## ***St. John's Presbyterian Church***

**St. John's Lunch Hut:** A restaurant style "Soup Kitchen". It is run by church volunteers and community helpers. Several of the local food stores supply some of the food free of charge. This is a friendly place where you can chat with your friends and have a leisurely meal. The menu usually has a choice of three soups and several kinds of sandwiches, plus donuts or other desserts. There is a donation box near the kitchen window and you can drop in whatever you can afford for the meal. Bon Appetite! When? Every Friday 11:00 AM–1:00 PM (in the Church Hall).

**St. John's Food Bank:** Please call for more information.

1480 George Street  
White Rock, BC, V4B 4A3

(604) 536-9322

## ***Star of the Sea Soup Kitchen***

Meals are available on Tuesdays from 4:15 to 6:00 pm.

Star of the Sea Hall  
15262 Pacific Avenue  
White Rock, BC

(604) 531-5739

## ***Surrey Urban Mission***

Various faith communities and other organizations donate the food, do the cooking and present hot, tasty, nutritious meals at the following times. Lunch is served on Monday, Wednesday and Friday at noon. Saturday breakfast is held from 9:00 to 10:00 a.m. Sunday evening dinner is on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> week of every month from 5:00 to 6:00 p.m. Our doors open 15 minutes prior to each meal and everyone is welcome to attend. Dinner is served on Thanksgiving Day, Christmas Day and Easter Sunday each year. Join us for great food, companionship and camaraderie!

10776 King George Blvd.  
Surrey, BC, V3T 1V6

(604) 581-5172  
[www.sumsplace.org](http://www.sumsplace.org)

## ***The Front Room***

Free Daily meals are available, along with a number of other services. Dinner is every night at 6pm to over 100 people, Breakfast at 7am to 50 people, and Lunch at 12:45 to 50-70 people on a first come first served basis.

10667 135A St  
Surrey, BC

(604) 589-7777

## **Grocery Shopping Services**

### ***Serenity Senior Services***

Serenity Senior Services provides non-medical services for seniors and senior caregivers. Our mission is to help allow seniors maintain their independence and enrich their daily lives by lending a hand, providing a caring companion, and by brightening his or her day.

Services include: Companionship, errand service, housekeeping, organizing, gardening, retirement residence consulting, support groups, and companionship plus program (floral arranging, crafts, manicures, baking, painting, and more)

We all lead busy lives and have things to do. You can't always do everything. So whether you are a senior or a senior caregiver, let us lend a hand, because you deserve a little Serenity.

(604) 764-6478

[www.Serenity-SeniorServices.com](http://www.Serenity-SeniorServices.com)

### ***MarketPlace IGA – 108<sup>th</sup> Ave***

Shopping can be done over the phone. Orders must be in by 11am Monday to Friday and groceries will be delivered by that afternoon. \$9.00 and service charge. No minimum order is required. If person is not home then the delivery person can put perishable items away. Ask for Dave.

14865 108<sup>th</sup> Ave  
Surrey, BC, V3R 1W2

(604) 584-2616

### ***Safeway Home Delivery – 24<sup>th</sup> Avenue***

Grocery shopping must be done by self. Grocery is delivered Monday to Saturday by 3:30 pm. Not on Sundays. Delivery charge is \$5.00.

#700-15355 24 Ave  
Surrey, BC, V4A 2H9

(604) 535-8960

## ***Safeway Home Delivery – 120<sup>th</sup> Street***

Special program for seniors, shop by phone starts at 7:30am on Tuesdays. Free Delivery. Must call Delta Assist at (604) 596-4885 to register. Surrey catchment to use this program is 72<sup>nd</sup> avenue, Panorama Ridge, and 128<sup>th</sup> street.

6401 120 Street  
Surrey, BC, V4E 3G3

(604) 596-4885

## ***Safeway Home Delivery – 120<sup>th</sup> Street***

Grocery shopping must be done by self and is delivered every day but Sunday. Delivery charge is \$5.00.

7450 120 Street  
Surrey, BC, V3W 3M9

(604) 594-7341

## ***Safeway Home Delivery – 128<sup>th</sup> Avenue***

Grocery shopping must be done by self and is delivered every day but Sunday. Delivery charge is \$5.00.

12825 16 Ave  
Surrey, BC, V4A 1N5

(604) 531-3422

## ***Safeway Home Delivery – 138<sup>th</sup> Street***

Grocery shopping must be done by self. Groceries are delivered Monday – Saturdays before 4pm. Delivery charge is \$7.00

7165 138 Street  
Surrey, BC, V3W 7T9

(604) 594-9155

## ***Safeway Home Delivery – 152<sup>nd</sup> Street***

Customers shop themselves before 4:00 pm Monday - Saturday. Seniors Delivery Charge \$3.50.

8860 -152nd Street  
Surrey, BC, V3R 4E4

(604) 589-4774

## ***Safeway Home Delivery – King George Blvd.***

Grocery shopping must be done by self and is delivered every day but Sunday. Delivery charge is \$5.00.

10355 King George Blvd.  
Surrey, BC, V4A 1N5

(604) 584-8285

## ***Save on Foods- Online Shopping***

Free pickup and delivery on your first order. Here's how it works:

1. Sign up
2. Choose your items
3. We shop for you
4. Pick up or delivery

1(800) 242-9229

[www.shopsaveonfoods.com](http://www.shopsaveonfoods.com)

## ***Sources - Shop-by-Phone***

Volunteers take the grocery orders on Mondays between 8:00am and 12:00 noon and shop at Save-On Foods. Orders are delivered on Tuesdays between 12:00 pm and 4:00pm.

Cost: \$7.00 per delivery. Office Hours: Monday - Friday 8:30am to 4:30pm.

882 Maple Street  
White Rock, BC, V4B 4M2

(604) 542-4357

## ***Thrifty Foods – Morgan Crossing***

Sendal Volunteer Shopping Services for Seniors and Persons with a Disability who cannot get out to shop. Volunteers take grocery orders on Monday between 8:30-11:00am, then select items, pack and deliver the order on Tuesday. There is a \$5.00 delivery charge on each order, and there is a minimum \$25 grocery order required. Call and press #2 for extension.

1(800) 667-8280

## ***Thrifty Foods Online***

Fresh groceries from our store to your door, saving you time for more important things in life. Order for delivery right to your home, or shop online and pick up your order in store at a time that is convenient for you.

Available in select Lower Mainland neighborhoods, see website for qualifying postal codes.

[www.thriftyfoodsonline.com](http://www.thriftyfoodsonline.com)

# Low Cost Groceries

## ***God's Little Acre Club***

On-site market garden that will provide club members with quality, fresh produce well below retail prices (savings of 25-50%). Limited members, call for details.

16582 40 Ave  
Surrey, BC, V3S 0L2

(604) 375-1172

## ***Harvest Boxes***

Fresh, seasonal fruits and vegetables at below supermarket prices. 8\$ per box. Information, signup and pickup at your local Surrey Recreation centre.

The Harvest Box is...

- Convenient — Pick up Harvest Box right in your local community twice a month.
- Healthy — Increase the number of fresh vegetables and fruit in your diet.
- Affordable — Saves money by buying directly from farmers and local suppliers.
- Responsible — Reduce food miles (and GHG emissions) by eating local produce, reducing trips to the grocery store, and reducing plastic packaging.
- Educational — Learn new things about preparing your food and learn about new vegetables & fruit.
- Community Minded — Support BC farmers and your people in your community!

[www.harvestbox.org](http://www.harvestbox.org)

## ***Quest Outreach***

Quest is British Columbia's largest not-for-profit food exchange program, offering access to affordable and healthy food choices for those facing barriers to this basic necessity. Our programs are seen as essential to marginalized individuals as they transition themselves towards self-sufficiency. Hours of Operation: 9am-4:15pm Monday-Saturday; Closed: Sunday and holidays. Must be referred by either Income Assistance or one of Quest's 400 different partners which are listed on Quest's website.

13890 104 Ave  
Surrey, BC, V3T 1W9

(604) 588-3476  
[www.questoutreach.org](http://www.questoutreach.org)

# Meal Delivery Services

## ***Better Meals***

Established since 1993, Better Meals offers a wide selection of affordable, nutritious and ready-to-eat full course meals and a la carte food items. We deliver throughout Greater Vancouver, Fraser Valley, Greater Victoria, Mid Vancouver Island, and into the Okanagan. The cost for a full course special diet dinner is \$6.50 with a minimum \$25.00 order per delivery, and delivery is free right to your door once a week. You can order online at [www.bettermeals.com](http://www.bettermeals.com).

(604) 299-1877

Toll Free: 1(888) 838-1888

## ***Meals on Wheels***

Meals on Wheels is a Volunteer Community Service that delivers hot, nutritious meals to recipients' homes on Monday, Wednesday and Friday between 11:00am and 12:30pm. The charge is \$6 for every meal includes special dietary needs (low fat/low salt). This service is available to anyone who, by reason of age, physical or mental handicap or illness, cannot prepare adequate meals for themselves.

We need volunteers! If you can spare one day a week to help deliver meals please contact us. If you cannot volunteer your time you can always help support us through donations. Meals on Wheels is supported by donations from the community. All donations are tax deductible. Contact us if you require further information. Office Hours: 8:30am – 2:00pm

### **Surrey / Delta**

#233-13352 Old Yale Road  
Surrey, BC, V3T 5A4

(604) 588-6325

Fax: (604) 588-6325

Email: [prenty@telus.net](mailto:prenty@telus.net) or [sndmow@telus.net](mailto:sndmow@telus.net)

### **White Rock / South Surrey Meals on Wheels**

Evergreen Baptist  
1550 Oxford Street  
Hours: 8:30am – 5:00pm (Monday/Wednesday/Friday)

(604) 541-6325



# Foot Care

## ***Fraser Valley Foot Care - Office & In-home Visits***

Nursing Foot Care Service – Tannis Sorge R.N., FCN Ed., CFCN (Certification from the WOCNCB)  
Nursing Foot Care Educator & Speaker

Professional Foot Care Services provided by Nurses. Services are covered by some extended medical plans, Veterans Affairs (DVA) and are Income Tax deductible.

### **All instruments - Sterilized to Best Practice Standards.**

Services Include:

- Assessment
- Nails Cut & Filed
- Thickened Nail Reduction
- Corn, Callus & Cracked Heels
- Foot and Leg Rub
- Referrals
- Hammer Toe Care & Management
- Diabetic Foot Care
- Education
- High Risk Client Care
- Footwear Review
- Veteran Foot Care Services/DVA Direct Billing

#### **Seniors Come Share Society**

15008 26<sup>th</sup> Ave, Surrey BC  
(604) 626-5939

#### **Langley Senior Centre**

20605 51B Ave, Langley BC  
(604) 530-3020

#### **Kintec White Rock**

15185 Russell Ave, White Rock  
(604) 535-4402

Call to book: Educational Speaker for Health Care Workers, Public venues,  
Home Care Support Workers, Complex Care Staff education days.

For In-home or Office Appointment: Call Tannis Sorge, R.N. (604) 626-5939  
Email: [valleyfootcare@gmail.com](mailto:valleyfootcare@gmail.com)

## ***All Nursing Health Services Inc. – Foot Care Services***

Provides in-home foot care services in the comfort of your home. Services are provided by trained and certified foot care nurses. We also provide Wound care services. We are open 24/7.

(604) 488-9323  
Fax: 1(800) 372-7104  
Email: [Info@allnursing.ca](mailto:Info@allnursing.ca)  
[www.allnursing.ca](http://www.allnursing.ca)

# **House Calls Health & Wellness**

*"We Bring Our Heart to Your Home"*

House Calls Health & Wellness provides caring, cost-effective in-home care for individuals who require assistance living independently in their own home. This enables them to remain close to their loved ones, in a familiar environment in the community they call home.

House Calls Health & Wellness is a mobile home care service offering:

Personal care, medical foot care, household management assistance, housekeeping, meal preparation, companionship, appointment escorting and nursing care to individuals who value their independence and wish to be cared for at home.

We offer all of our services in the comfort of your own home. Our foot care services are also available at our Wellness Centre. Call today for more information.

#103-20353 64 Avenue  
Langley, BC, V2Y 1N5

(604) 510-5155  
[www.housecallsnursing.ca](http://www.housecallsnursing.ca)

## **Nurse Next Door**

### **Home Care Services**

It's about caring, not just healthcare. Which is why we focus on more than just giving you a good bath, or making sure you have a qualified caregiver. Our goal isn't simply to provide care, but to get you healthy and happy again. Let us ensure the details are taken care of so you can breathe a sigh of relief. Our approach to caring is different. And we're proud of it. Foot care in the comfort of your home by Advanced Certified Foot Care Nurses. Always open - 24/7 access, 24/7 service.

(604) 536-8037  
Toll Free: 1.877.588.8609  
Email: [whiterock@nursenextdoor.com](mailto:whiterock@nursenextdoor.com)  
[www.nursenextdoor.com](http://www.nursenextdoor.com)

## **Safe Care Home Support**

### **Mobile Nursing Foot Care**

All foot care is delivered by Nurses with advanced training. Services are covered by extended medical plans, DVA and are Income Tax deductible

#### **Safe care Foot Care Services:**

- Foot Assessment
- Toenail Trimming & cleaning
- Treatment of Corns & Calluses
- Foot Massage
- Foot Bath as needed
- Education to prevent Foot problems
- Making referrals for special Care

**Friendly, compassionate care in your home or Facility**

**Call office for your appointment**

(604) 945-5005  
[www.safecarehomesupport.ca](http://www.safecarehomesupport.ca)

## ***Superior Foot and Sole***

In Home Nursing Foot Care by Certified Foot Care Nurse. Compliant with Heath Canada Regulations. Contact Elizabeth.

(778) 574-2274  
Cell: (778) 554-5248  
Email: [deltarayne@gmail.com](mailto:deltarayne@gmail.com)

## ***Walk Well Foot-Care Services***

Mobile Nursing Foot Care Service – Diane Hill Doell, LPN & Veterans Affairs Service Provider

Do you have Diabetes, vision problems, circulatory problems, arthritis or other medical condition and can no longer manage your foot care needs?

Walk Well Foot-care Services therapeutic foot care treatments include:

- Foot Care Assessment & Plan of Care
- Nail Cutting and Filing
- Care of Ingrown Toenails
- Care of difficult or Fungal Toenails
- Corn and Callus Care/Prevention
- Footwear Education
- Referral to other Health Care Professionals

Walk Well Foot-care Services will provide care in the comfort of your home, in hospital, or facility setting. Contact Diane Hill Doell, LPN.

(604) 309-8971  
(604) 533-6724  
Email: [walkwellfootcareservices@gmail.com](mailto:walkwellfootcareservices@gmail.com)

## ***We Care Nursing Foot Care***

Certified Nursing Foot Care which includes; foot care, assessment, cutting, filling and ingrown toe nail care, softening, buffing of corns, calluses, plus foot massage and footwear education.

We do home visits, office clinics and can arrange for clinics at your place of residence. Please call us to see what option is best for you. Monday-Friday 8:30am-4:30pm.

#1108-7330 137<sup>th</sup> Street  
Surrey, BC, V3W 1A3

(604) 596-0772  
[www.wecare.ca](http://www.wecare.ca)

# Hearing Services

## ***Aspen Remedy's RX Pharmacy***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home healthcare products
- Hearing Aid Clinic
- Located next to Aspen Medical Clinic
- Senior's Discount Everyday

102 - 2099 152 Street  
Surrey, BC, V4A 4N7

(604) 560-2720

## ***Fleetwood Pharmacy Remedy's RX***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home HealthCare and Mobility Aids
- Hearing Aid clinic
- Open 7 days a week
- Conveniently located next to Careplace Medical
- Senior's Discount Everyday

305 - 9014 152 Street  
Surrey, BC, V3R 4E7

(604) 496-3303

## ***Miracle-Ear Hearing Aid Centre***

From our free hearing screenings through aftercare long after your hearing aid fitting, you can expect the best possible experience with our services and with the hearing aids you wear. It's all part of the "Miracle-Ear Advantage" -- unmatched in all of hearing health care. Every hearing loss is unique, as are the lifestyles and preferences of every customer. This is why we will tailor a Miracle-Ear hearing solution specifically to you. Your Miracle-Ear hearing care professionals in Langley will find the right hearing solution for you, at a price you can afford.

### **Two Locations:**

#250-15355 24th Avenue  
South Surrey, BC, V4A 2H9

(604) 542-9135

#203A-15135 101 Ave  
Surrey, BC, V3R 7Z1

(604) 580-0055

## ***Western Institute for the Deaf and Hard of Hearing***

Loan program for the deaf and hard of hearing. Program includes testing, mold adaptation and fitting of hearing devices. There is a small fee for this service. Donations of used hearing aids are appreciated. Contact: Jeannette.

Hours: Monday - Friday 9:00am to 5:00pm (closed 12-1pm), Saturday 9:00am to noon and 1:00pm to 5:00pm. Audiology only and by appointment only; clinic by appointment only.

2125 West 7<sup>th</sup> Avenue  
Vancouver, BC, V6K 1X9

(604) 736-7391  
Fax: (604) 736-4381  
TTY: (604) 736-2527  
Email: [info@widhh.com](mailto:info@widhh.com)  
[www.widhh.ca](http://www.widhh.ca)

## **Heart and Stroke**

### ***Live Well Exercise Clinic***

Live Well Exercise Clinic is a valuable and unique experience for every individual who participates in our program. Our team of physicians, exercise physiologists, nurses and other healthcare professionals will help you become a healthier you. The LIVE WELL program offers exercise, nutrition, and health education. Our clinic is founded on making small changes that have a great impact on the quality of your daily life. We believe that exercise is medicine and as such our participants can benefit by lowering blood pressure, lowering cholesterol, reducing depression, losing weight, improving blood sugars, reducing stress and anxiety, and improving balance, strength and stamina. We are real people helping real people live fuller, healthier lives. Program cost is paid monthly. (Approx \$25 per session).

#306-1676 Martin Drive  
White Rock, BC, V4A 6E7

(604) 541-2846  
[www.livewellexerciseclinic.com](http://www.livewellexerciseclinic.com)

### ***Cardiac Rehabilitation Program***

The "Healthier Heart for Life" program is designed for people within the Fraser Health Authority area who have had a recent heart attack, bypass surgery, angioplasty, angina or heart failure and for those who are at risk for developing heart disease. Participants meet with a team of professionals and discuss issues essential for heart health. No fee or physician referral is required (for education purposes only).

1C - Jim Pattison Outpatient Care & Surgery Centre  
9750 140<sup>th</sup> Street  
Surrey, BC, V3T 0G9

(604) 582-4550

## ***Heart and Stroke Foundation of BC & Yukon***

Chapter of BC Heart and Stroke Foundation. Education and Information regarding local programs and support groups. Hours: Monday - Friday 9:00am to 4:30pm.

Surrey Office  
#101-13569 76<sup>th</sup> Avenue  
Surrey, BC, V3W 2W3

(778) 612-8064  
Email: [sstein@hsf.bc.ca](mailto:sstein@hsf.bc.ca)  
[www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)

## ***Hearts in Motion™ Walking Club***

This program of the Heart and Stroke Foundation is designed to encourage people to participate in regular physical activity by walking. For a small membership fee, there are many motivational rewards and incentives including pins, certificates, newsletters, and an annual branded product. Hours are dependent on each walking club, though walks usually occur sometime in the morning. This is a great form of adding social physical activity in your community. For more information or to find club locations, please visit [www.heartandstroke.bc.ca/heartsinmotion](http://www.heartandstroke.bc.ca/heartsinmotion) or contact Coordinator, Health Promotion Initiatives.

(604) 730-7364  
Toll Free: 1(888) 473-4636 ext. 364  
Email: [healthpromotion@hsf.bc.ca](mailto:healthpromotion@hsf.bc.ca)

## ***Peace Arch Hospital - Cardiac Rehabilitation***

Designed for individuals with heart disease or who are at risk for heart disease, this program provides the knowledge and skills to make the necessary lifestyle changes on the road to rehabilitation. A physician's referral is required.

Registration/Intake Assessment fee: \$ 25.00, Monitored Exercise Fee: \$100.00 per month for four months, 8 sessions 2 times a week. Intro class is free for anyone. The intake class is 1-1/2 hours and is one on one with a cardiac nurse. Offer free cardiac education classes as well.

iConnect Health Centre  
Cardiac Rehab Program  
15455 Vine Avenue  
White Rock, BC, V4B 2T3

(604) 541-7162  
Fax: (604) 538-9809

## ***Stroke Recovery Group***

Program designed for individuals recovering from a stroke. Meetings are held every Thursday, from 10:00 – 1:00 pm with 2 speech therapy and physiotherapy sessions.

St. Luke's Auditorium  
10167 148<sup>th</sup> St.  
Surrey, BC, V3R 3X2

(604) 688-3603  
Email: [strokerecoverysurrey@gmail.com](mailto:strokerecoverysurrey@gmail.com)  
[www.strokerecoverybc.ca](http://www.strokerecoverybc.ca)

## ***Stroke Recovery Club - White Rock / South Surrey***

Meets Tuesdays and Thursdays from 9:30am -12:30pm. Offers speech and exercise therapy.

1475 Anderson Street  
White Rock, BC, V4B 0A8

(604) 688-3603  
Email: [wrstroke@shaw.ca](mailto:wrstroke@shaw.ca)

## **Home Health**

### ***Aspen Remedy's RX Pharmacy***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home healthcare products
- Hearing Aid Clinic
- Located next to Aspen Medical Clinic
- Senior's Discount Everyday

102 - 2099 152 Street  
Surrey, BC, V4A 4N7

(604) 560-2720

### ***FirstLight HomeCare***

Canadian owned and operated home care services providing a new way of helping people achieve the quality of life they deserve. Our programs support various needs of our community from transportation to personal hygiene, grocery shopping to companionship, dementia care to respite services, readmission rescue to dementia care. Through our extensive network of over 110 offices across North America, we are helping **1200 families** daily. **Let our family help yours!**

(604) 777-7189  
Toll free: 1(855) 955-4448

### ***Fleetwood Pharmacy Remedy's RX***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home HealthCare and Mobility Aids
- Hearing Aid clinic
- Open 7 days a week
- Conveniently located next to Careplace Medical
- Senior's Discount Everyday

305 - 9014 152 Street  
Surrey, BC, V3R 4E7

(604) 496-3303

## ***Fraser Health - Home Health***

Home Health provides a wide range of health care services to help individuals whose independence is affected by long-term health-related issues. Also provides assessment for Home Support Services, Long-Term Care placement or Home Nursing Care. Anyone can ask for an assessment for family members or themselves.

**Important:** To request an **ASSESSMENT** or new referrals for clients in Delta, North Surrey, Newton or White Rock, South Surrey, please call the **Home Health Service Line**.  
Hours: 7 days a week 8:30am to 4:30pm.

## ***Home Health Service Line (Previously Fraser Health Central Intake)***

**Home Health Service Line** 1(855) 412-2121

**Surrey/North Delta Office** (604) 953-4950  
#1500-13401 108 Avenue Fax: (604) 953-4951  
Surrey, BC, V3T 5T3

**Newton Office** (604) 572-5340  
#1009-7495 132 Street Fax: (604) 572-5348  
Surrey, BC, V3W 1J8

**White Rock Office** (604) 541-6800  
Berkeley Pavilion Fax: (604) 541-6872  
15476 Vine Ave  
White Rock, BC, V4B 5M2

## ***Specialized Seniors Clinics***

The Specialized Seniors Clinics provide out-patient assessment and treatment services for seniors in the South Surrey/White Rock area. Services are for seniors who have had changes in their physical or mental health that have affected their ability to live independently or care for themselves. Any medical professional can make a referral to the program; however, the family doctor's consent is necessary.

Office hours: Monday - Friday 9:00am to 4:30pm

Berkeley Building (604) 535-4577  
15476 Vine Avenue Fax: (604) 535-4587  
White Rock, BC, V4B 2R4



# Home Repair / Renovation / Yard Work

## ***Better at Home Programs***

Better at Home is a program that helps seniors live in their own homes by providing simple nonmedical support services delivered by local non-profit organizations using a mix of paid workers and volunteers. Better at Home is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. The services provided by the Better at Home Program include:

- Friendly visiting
- Housekeeping
- Grocery shopping
- Snow shoveling
- Transportation
- Minor home repairs
- Light yard work

**IMPORTANT NOTE:** The services identified above vary between locations and some may not be offered in your community. Please contact your local Better at Home Program to find out if the service is offered near you.

**COST:** Some services identified are offered for free. While other services such as light housekeeping and transportation are based on a sliding scale. Subsidies are available and based on your current income tax.

### **Better at Home South Surrey / White Rock**

Seniors Come Share Society

(604) 531-9400 ext. 204

Email: [Info-Referral@comeshare.ca](mailto:Info-Referral@comeshare.ca)

### **Better at Home Newton**

DiverseCity

(604) 507-2266

Email: [betterathomenewton@dcrs.ca](mailto:betterathomenewton@dcrs.ca)

### **Better at Home Whalley**

PICS

Success

(604) 596-7722 (ext. 130)

(604) 588-6869 (ext. 121)

## ***Accessible Home & Property Services Ltd.***

Live longer, safer and more comfortably in your home. Providing home adaptations for seniors and those with mobility issues can be as simple as installing grab bars. More major modifications might include replacing a bathtub with a shower, installing a higher toilet, widening a doorway, or building a ramp. As Certified Aging-In-Place Specialists, we listen for each client's unique needs and apply solutions to correct them. We also provide handyman services for typical small jobs needing to be done. We work closely with Occupational Therapists and welcome working with Veterans Affairs and BC Housing for grants. Call us today for a complimentary assessment.

(604) 259-9774

Fax: (604) 259-9787

Email: [info@accessible.ca](mailto:info@accessible.ca)

[www.accessible.ca](http://www.accessible.ca)

## ***Brilliant Building***

Brilliant Building, offers an innovative service to enable seniors to age at home independently, safely, and longer. It is customized to meet the needs of homeowners, extended family and caregivers.

- Enables a home to automatically detect and alert someone in the case of unusual activity such as a fall, wandering, or failing to get up when expected.
- Creates a safer environment with automatic lights and in-home audio/visual alerts for unsafe situations such as an appliance left on.
- Provides a solution for challenging situations that pendants (e.g. Lifeline) may not be able to solve
- 100% of the cost covered through BC Government HAFI grant for qualifying low income seniors

(604) 200-0080

Email: [jason@brilliantbuilding.com](mailto:jason@brilliantbuilding.com)  
[www.brilliantbuilding.com](http://www.brilliantbuilding.com)

## ***AEJ Design & Construction***

One call gets the things you want done. Services include:

- Basement finishing or remodeling
- Door and window replacement
- Custom cabinets and furniture
- Bath and kitchen repairs
- General home repairs
- Carpentry, Dry wall
- Painting & minor landscaping

(604) 535-1583

(778) 389-1583

## ***HAFI (Home Adaptations For Independence)***

The Home Adaptations for Independence (HAFI) program provides financial assistance to help eligible low-income seniors and people with disabilities in British Columbia to continue to live in the comfort of their home. As your physical needs change, so too does the need to modify your home environment. Adapting a home improves accessibility and promotes safe and independent living. If you or a member of your family is having difficulty performing day-to-day activities independently and safely – the HAFI program may be able to help.

(604) 433-2218

Toll Free: 1(800) 257-7756

Email: [hafi@bchousing.org](mailto:hafi@bchousing.org)

[www.bchousing.org/Options/Home\\_Renovations](http://www.bchousing.org/Options/Home_Renovations)

## ***Home Repairs – Helping Hands Ministry***

Provides minor repairs for those in our community with physical or financial constraints. Includes plumbing, electrical, painting, yard work, carpentry, and more. Primarily serves South Surrey.

(604) 531-4733 ext. 2999

Email: [helpinghands@peaceportalalliance.com](mailto:helpinghands@peaceportalalliance.com)

## ***Senior Citizens' Repair Services***

Provides low cost, minor house repairs and maintenance to seniors 55+ with disabilities living in their own homes. Includes painting, plumbing, electrical, and general handy work. \$30 per hour +\$35 service charge.

(604) 529-1100

# **Home Support**

## ***Better at Home Programs***

Better at Home is a program that helps seniors live in their own homes by providing simple nonmedical support services delivered by local non-profit organizations using a mix of paid workers and volunteers. Better at Home is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. The services provided by the Better at Home Program include:

- Friendly visiting
- Housekeeping
- Grocery shopping
- Snow shoveling
- Transportation
- Minor home repairs
- Light yard work

**IMPORTANT NOTE:** The services identified above vary between locations and some may not be offered in your community. Please contact your local Better at Home Program to find out if the service is offered near you.

**COST:** Some services identified are offered for free. While other services such as light housekeeping and transportation are based on a sliding scale. Subsidies are available and based on your current income tax.

### **Better at Home South Surrey / White Rock**

Seniors Come Share Society

(604) 531-9400 ext. 204

Email: [Info-Referral@comeshare.ca](mailto:Info-Referral@comeshare.ca)

### **Better at Home Newton**

DiverseCity

(604) 507-2266

Email: [betterathomenewton@dcrs.ca](mailto:betterathomenewton@dcrs.ca)

### **Better at Home Whalley**

PICS

Success

(604) 596-7722 (ext. 130)

(604) 588-6869 (ext. 121)

## ***All Nursing Health Services Inc.***

All Nursing Health Services Inc is a Vancouver based home care service provider that specializes in elderly care. We are open 24/7. At All Nursing Health Services Inc, we make sure that your loved one is following their medication plan, eating healthy meals, and are living safely in their homes. Our nurses and caregivers are fully trained to attend to the health care needs of the clients and can be there 24/7. We strive hard to build long-term relationships with our clients by providing affordable home care services that are easy-to-use and are personalized. By going the extra mile for our clients, All Nursing Health Services Inc has become the preferred senior home care service provider in the Vancouver area. We are a registered provider for ICBC, Work Safe BC and the Veterans Independent Program (VIP). All Nursing Health Services Inc provides Professional Nursing, Personal Care, Companion, Homemaking, Live-in caregiver, Nannies, Respite Care, Palliative Care, Dementia/ Alzheimer Care, IV, Foot Care, Wound Care, Post Surgery Care, Physiotherapy and Rehabilitation Services at great low rates. Call us for a free in home assessment by a Registered Nurse.

(604) 488-9323

Fax: 1(800) 372-7104

Email: [Info@allnursing.ca](mailto:Info@allnursing.ca)

[www.allnursing.ca](http://www.allnursing.ca)

## ***Angels There For You, Home and Health Care Services***

Serving Langley, Surrey, Delta, and Richmond.

Our Power Team of deeply compassionate, kind and honest caregivers are bonded, insured, certified and trained to offer you the best of care. Services that we provide are: Nursing Care, Home Support Services (such a light housekeeping, meal preparation, transportation and shopping), Companionship, Handyman Services, and Moving Services.

We have a holistic approach to care, which means that our care is client-centered and the emotional wellbeing of our clients is important to us. We are also able to offer culturally sensitive care as our company is multicultural. Our workers, as a group, speak about 20 different languages. In addition, our high quality services are designed to fit your budget. Ask us about our service packages.

Office hours: Mon. to Fri. 9:00 am to 5:00 pm

5423 203 Street, Langley, BC, V4N 5H4 **AND**

#100 – 12031, 2nd Avenue, Richmond, BC, V7E 3L6

(604) 551-7347

[www.atfy.ca](http://www.atfy.ca)

## ***Bear Creek Villa Home Care***

Wherever you call home, is where our team will be available to provide a variety of services to assist you to age in place. Our caring team is available for companionship, housekeeping, meal preparation, respite care or anything else that will help you maintain your independence at home. Call us today for your free in home assessment.

8233 140<sup>th</sup> Street  
Surrey, BC, V3W 5K9

(604) 599-9057

Email: [info@bearcreekvilla.com](mailto:info@bearcreekvilla.com)

[www.bearcreekvilla.com](http://www.bearcreekvilla.com)

## ***Care Hands***

Care Hands is dedicated to provide better home health care to seniors and differently able. We provide each and every kind of Services that Seniors need. Some of our services are, Home Care, Home Health Care, Companionship, Meal Preparation, Housekeeping, Senior Transportation, Shopping and Errands, Janitorial Services, Moving Assistance, Assisted Living, Pharmacy Services, Insulin & Drugs pickup and delivery, Elder Care Massage, In home Physiotherapy and any other services which Seniors wanted to get. All our Staff are trained, qualified and we do their background and references Checks. We are licensed, insured and bonded. We also provide service to VA, WorksafeBC and ICBC Clients. Call us for a Free In Home Assessment and we will design and specialized Care Plan for you: - Call Alfi- 6047231516. Do not hesitate to ask us for ANY SENIOR SERVICES. Serving entire lower mainland for last 4 years.

Unit # 200 - 8572 Fraser Street  
Vancouver, BC, V5X 3Y3

(604) 723-1516 or (604) 568-6393  
Email: [support@carehands.ca](mailto:support@carehands.ca)  
[www.carehands.ca](http://www.carehands.ca)

## ***Charlie's Angel***

My goal is to help support Seniors to maintain their independence so that they can get out and enjoy and live their lives!

How I can help:

- Companionship
- Grocery Shopping/Errands
- Light Housekeeping & Laundry
- Games, Cards, Puzzles & Walks
- Help with Meal Preparation

Please ask for any other support you may require as everyone has a **different** need. I will be happy to come and meet with you.

For more information and rates call Charlene:

(778) 772-7918  
Email: [charliesangel26@hotmail.ca](mailto:charliesangel26@hotmail.ca)

## ***Comfort Keepers***

Providing full assistance with daily living activities with services offered 24/7. A custom care plan is prepared for each client to meet their personal needs including personal care, grooming, light housekeeping, meal preparation, medication assistance, socialization, companionship (in-home or out-bound), transportation, errands and many other services. Our Caregivers are fully bonded and insured and trained to provide 'Interactive Care Giving' enabling seniors to continue to live with dignity at home. Call to book your free in-home assessment. Other languages available.

**Please make use of our I.C.E. form located in the back of this directory to have your "In Case of Emergency" data readily available and in one place. It's recommended to place the I.C.E. form on your fridge, with your "green sleeves" information provided to you by the hospital (if applicable).**

#14-1480 Foster Street (south side exterior entrance)  
White Rock, BC, V4B 3X7

(604) 541-8654

Fax: 1(866) 573-8537

Email: [whiterock@comfortkeepers.ca](mailto:whiterock@comfortkeepers.ca)  
[www.whiterock.comfortkeepers.ca](http://www.whiterock.comfortkeepers.ca)

## ***FirstLight HomeCare***

Canadian owned and operated home care services providing a new way of helping people achieve the quality of life they deserve. Our programs support various needs of our community from transportation to personal hygiene, grocery shopping to companionship, dementia care to respite services, readmission rescue to dementia care. Through our extensive network of over 110 offices across North America, we are helping **1200 families** daily. **Let our family help yours!**

(604) 777-7189

Toll free: 1(855) 955-4448

## ***Happiness at Home Health Care***

Fully bonded, licensed and insured care giving service which allows elderly clients to maintain as much independence as possible by providing appropriate in-home assistance and companionship as required. We also specialize in helping people with Dementia and Disabilities. Our services include companionship, meal planning and preparation, incidental transportation, errand running, light housekeeping, medication reminders, monitoring bathing safety, assistance with bill paying, information and referral services.

#202-15388 24<sup>th</sup> Avenue  
Surrey, BC, V4A 2J2

(604) 375-0034

Email: [frank@happinessathome.ca](mailto:frank@happinessathome.ca)  
[www.happinessathome.ca](http://www.happinessathome.ca)

## ***Happy Homemakers Homecare Inc.***

"You want a company that does more than just care for you or your home, you want people who care about "you". Happy Homemakers Homecare is a non-medical home support company providing homemakers and certified caregivers in the lower mainland. Our services include, cooking, laundry, personal care, escort to and from appointments and activities. We will do all that we can to source products, services and equipment to support independence and help you maintain a high quality of life. We believe in providing a healthy environment for our clients and specialize in dementia care and respite care for primary caregivers. We are an accredited company, our workers are covered by WCB, insured, certified and criminally checked.

Please visit our website to view our many other services.

#442-20821 Fraser Hwy  
Langley, BC, V3A 0B6

(604) 371-1004  
Cell: (778) 554-1589  
Email: [happyhm084@gmail.com](mailto:happyhm084@gmail.com)  
[www.happyhomemakershomecare.com](http://www.happyhomemakershomecare.com)

## ***Home Care Assistance***

Home Care Assistance is a private home care company whose mission is to "Change the Way the World Ages" by providing older adults with quality care that enables them to live happier, healthier and more independent lives at home. Services include assistance with showering/bathing, dressing, toileting, meal preparation, light housekeeping, laundry, medication reminders, appointment accompaniment, companionship and recreational activities. We also specialize in live-in care, post-hospitalization care and dementia care. Our services are distinguished by the caliber of our caregivers, the extent of ongoing case management we provide, our 24/7 availability and the holistic approach to care that we embrace.

#250-2411 160th Street  
South Surrey, BC, V3S 0C8

(604) 912-0253  
Fax: (778) 279-3635  
[www.HomeCareAssistanceVancouver.ca](http://www.HomeCareAssistanceVancouver.ca)

## ***Home Instead Senior Care***

**Our mission is to enhance the lives of aging adults and their families.** Home Instead Senior Care is a non-medical service designed to help older individuals maintain an independent life in their own home for as long as possible. Services include companionship, meal preparation, bath assist, light housekeeping, errands and dementia care. Caregivers are all screened, trained, insured and carefully selected for each client. Service frequency is flexible and available hourly and overnight. This locally owned organization has been assisting seniors for over 13 years in the communities of White Rock, Surrey, Langley, Ladner and Tsawwassen.

Free e-learning course "Alzheimer's Disease and other dementias" is available for families at [www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com).

#102A-15240 Thrift Avenue  
White Rock, BC, V4B 2L1

(604) 541-3386  
Fax: (604) 541-6489  
[www.homeinstead.com/3002](http://www.homeinstead.com/3002)

# **House Calls Health & Wellness**

*“We Bring Our Heart to Your Home”*

House Calls Health & Wellness provides caring, cost-effective in-home care for individuals who require assistance living independently in their own home. This enables them to remain close to their loved ones, in a familiar environment in the community they call home.

House Calls Health & Wellness is a mobile home care service offering:

Personal care, medical foot care, household management assistance, housekeeping, meal preparation, companionship, appointment escorting and nursing care to individuals who value their independence and wish to be cared for at home.

We offer all of our services in the comfort of your own home. Our foot care services are also available at our Wellness Centre. Call today for more information.

#103-20353 64 Avenue  
Langley, BC, V2Y 1N5

(604) 510-5155  
[www.housecallsnursing.ca](http://www.housecallsnursing.ca)

## **Ladybug Home Care Services**

- Ladybug Home Care Services provides services such as: pre-op and post-op care, pharmacy runs for medication pick-up and drop-off, medication reminders, light housekeeping, laundry and meal preparation, accompany you to your appointments and outings, companionship at home or an event or a trip!, and much more.
- Charlene Evans the owner of Ladybug Home Care Services has been a Community Support Worker for over 5 years including having worked for Government agencies and local care homes. Charlene is certified in Behaviour Management, Positive Behaviour Support Training and Non-Violent Crisis Intervention as well as CPR and Level 1 First Aid.
- At Ladybug Home Care we believe in quality, personalized and consistent care; helping people live healthy and happy lives no matter what age or through any kind of disability.

(604) 839-1172  
Email: [contact@ladybughomecareservices.com](mailto:contact@ladybughomecareservices.com)



# ***Nurse Next Door***

## **Home care services**

Home care that celebrates aging

Whether you are looking for home care for yourself or a loved one, we know that it's about caring, not just healthcare. Choose from services spanning a full range of both medical and non-medical home care for seniors. Select from our three pillars of caring which offer senior home care support ranging from just a few hours a week of caring companionship and light housekeeping right through to around-the-clock caring from a registered nurse – and everything in between.

Our senior home care services are about more than just providing the clinical healthcare our clients need. We'll work to get you, or your loved one, back to doing the things you love – it's time to celebrate aging. It all starts with a FREE Caring Consult with one of our expert Care Designers. Our purpose is Making Lives Better – let's start with yours. Always open - 24/7 access, 24/7 service

(604) 536-8037

Toll Free: 1(877) 588-8609

Email: [whiterock@nursenextdoor.com](mailto:whiterock@nursenextdoor.com)

[www.nursenextdoor.com](http://www.nursenextdoor.com)

# ***Pacificare At Home Services***

Following a free in home consultation, a care plan is mutually designed to allow you to safely stay in your home. We provide registered personal care aides and homemakers who are bonded and insured. They can assist with bathing, linen change and laundry; light housekeeping duties, meal preparation, respite care and Dementia care. A registered nurse monitors the service, ensuring quality care is being provided. Proudly BC Owned and Operated since 1992.

(604) 535-0638

Fax: (604) 538-3855

Email: [Info@pacifcare.ca](mailto:Info@pacifcare.ca)

# ***Safe Care Home Support***

**Safe Care Home Support** is an in-home service provider, which assists the elderly to lead dignified and independent lifestyles in the comfort and safety of their own homes

We are designed to provide a unique "all-in-one" service to residents of the **Lower Mainland**. We are committed to providing quality, ethical and professional services.

Assistance is available around the clock, seven days per week

Safe Care provides you with the best Home Care Services:

- Live-in Caregiver
- Respite
- Personal Care
- Homemaking
- Companionship & Shopping
- Post Hospital Care
- Meal Preparation & Assistance
- Palliative & End-of-life care

An approved care provider for **DVA**

**Call today for your Free Consultation**

(604) 945-5005

[www.safecarehomesupport.ca](http://www.safecarehomesupport.ca)

## ***Serenity Senior Services***

Serenity Senior Services provides non-medical services for seniors and senior caregivers. Our mission is to help allow seniors maintain their independence and enrich their daily lives by lending a hand, providing a caring companion, and by brightening his or her day.

Services include: Companionship, errand service, housekeeping, organizing, gardening, retirement residence consulting, support groups, and companionship plus program (floral arranging, crafts, manicures, baking, painting, and more)

We all lead busy lives and have things to do. You can't always do everything. So whether you are a senior or a senior caregiver, let us lend a hand, because you deserve a little Serenity.

(604) 764-6478

[www.Serenity-SeniorServices.com](http://www.Serenity-SeniorServices.com)

## ***We Care Home Health Services***

Unexpected you find yourself in a new and unfamiliar role, that of a caregiver. You need help to look after a loved one at home. How do you know what type of help you need and how do you know if they are qualified? Choose We Care and you can count on safe and appropriate care from our experienced home care professionals. We Care is an accredited Home Care provider.

Call for free assessment. Available 24 hours every day.

#1108-7330 137<sup>th</sup> Street  
Surrey, BC, V3W 1A3

(604) 596-0772

Fax: (604) 596-0759

[www.wecare.ca](http://www.wecare.ca)

## ***Chores by Debbie***

Got errands? Need some cleaning done? I can help you remain living independently in your home. Areas covered; South Surrey, White Rock and Cloverdale. Services offered; grocery shopping, medicine pick up, transportation, house cleaning, companionship, gardening, going for walks and laundry.

For more information and rates call: Debbie at (604) 560-0606

## ***Cornerstone Care Society***

Non-profit society providing quality, consistent, individualized home care services by our Certified Care Aides. Areas covered: Abbotsford, Aldergrove Langley, Fort Langley, Walnut Grove, Surrey, White Rock, and Delta. Services include: medication support, bathing/personal care assistance, companionship/respite, domestic assistance, mobility assistance, shopping, meal preparation, transportation to and from appointments. 24/7 availability, short or long term services available.

6676 203 Street  
Langley, BC, V2Y 2Z1

(604) 514-1476  
Fax: (604) 532-1647  
Email: [aboutus@cornerstonecare.org](mailto:aboutus@cornerstonecare.org)  
[www.cornerstonecare.org](http://www.cornerstonecare.org)

## ***Dinah's Helping Hands***

Serving the White Rock/South Surrey area for more than 15 years. I provide a friendly, caring service for seniors to enable them to keep their independence and remain in their own homes. I offer help with shopping, meal preparation, visits to medical appointments, local outings and walks, companionship and light housework.

(604) 531-0522

## ***Elder Companionship***

I provide friendly companionship for seniors! I can spend time playing cards, working on art, drinking coffee, going for walks, and much more. I also help with shopping, gardening, cleaning, laundry, and dentist and doctor's appointments. I believe in quality of life for all ages. It's the small comforts that make life easier. Give me a call, my name is Meghan Carich.

(604) 531-9571

## ***Harmony Health Care***

In-home nursing specialists. Staff includes registered nurses, licensed practical nurses and home-support care aides. Provides palliative and home support, personal care, foot care, companionship and travel assistance as well as respite for family and caregivers.

#104-1548 Johnston Road  
White Rock, BC, V4B 3Z8

(604) 536-2445  
Fax: (604) 536-2464  
Email: [whiterock@harmonyhealthcare.ca](mailto:whiterock@harmonyhealthcare.ca)  
[www.harmonyhealthcare.ca](http://www.harmonyhealthcare.ca)

## ***Nanny Services.ca***

NannyServices.ca has been totally dedicated to providing a professional service for care providers and families and has since become the market leader in this specialized field. Our comprehensive database is the leading resource in Canada for families looking for affordable and trustworthy care providers and for care providers seeking employment. The modifiable, personalized search options and detailed profiles with references creates the best match for families and care providers.

1(888) 369-8819  
[www.nannyservices.ca](http://www.nannyservices.ca)

## ***Revera Home Health Services***

At Revera, our number one goal is to help you achieve and maintain your best health and wellness. When you call Revera, our dedicated and compassionate team of care providers will take the time to understand your needs. We will work with you to customize services that consider not only your condition and how we can treat it, but also your preferences for your care. Our philosophy focuses on treating the whole person, not just the ailment. From nursing to rehabilitation to personal and home support, you can count on us to provide the level of care you need, when you need it.

#202-10090 152<sup>nd</sup> Street  
Surrey, BC, V3R 8X8

(604) 580-6220  
[www.reveraliving.com](http://www.reveraliving.com)

## ***Sources - Concierge***

Sources Concierge is a community enterprise designed to provide a variety of quality services including house cleaning and organizing, errand services and seniors support services such as companion visits, transportation to and from medical appointments and meal preparation. Sources Concierge is a division of Sources Women's Place. Contact us for a free consultation. VAC Health

15318 20<sup>th</sup> Ave  
Surrey, BC, V4A 2A2

(604) 541-4823  
Email: [concierge@sourcesbc.ca](mailto:concierge@sourcesbc.ca)  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

# Hospitals

## ***Delta Hospital***

5800 Mountain View Blvd  
Delta, BC, V4K 3V6

(604) 946-1121

## ***Eagle Ridge Hospital***

475 Guildford Way.  
Port Moody, BC, V3H 3W9

(604) 461-2022

## ***Jim Pattison Outpatient Care and Surgery Centre***

9750 140 Street.  
Surrey, BC, V3T 0G9

(604) 582-4550

## ***Langley Memorial Hospital***

22051 Fraser Hwy.  
Langley, BC, V3A 4H4

(604) 514-6000

## ***Peace Arch Hospital***

15521 Russell Avenue  
White Rock, BC, V4B 2R4

(604) 531-5512

## ***Royal Columbian Hospital***

330 East Columbia Street  
New Westminster, BC, V3L 3W7

(604) 520-4253

## ***Surrey Memorial Hospital***

13750 96 Avenue  
Surrey, BC, V3V 1Z2

(604) 581-2211

## ***St. Paul's Hospital***

1081 Burrard Street  
Vancouver, BC, V6Z 1Y6

(604) 682-2344

## ***Vancouver General Hospital***

855 W 12<sup>th</sup> Avenue  
Vancouver, BC, V5Z 1M9

(604) 875-4111

# Housing Programs

## ***B.C. Housing Registry***

BC Housing Registry is run by BC Housing which is the provincial crown agency that develops, manages, and administers a wide range of subsidized housing options. We partner with private and non-profit partners, other levels of government, health authorities, and community groups to increase affordable housing options for British Columbians in need.

BC Housing Registry provides subsidizing housing for the disabled and seniors aged 55 or older. The program subsidizes up to 70% of the rent in specified housing developments. Call for more information. Hours: Monday - Friday 8:30am to 4:30pm.

#101-4555 Kingsway  
Burnaby, BC, V5H 4V8

(604) 433-2218  
Toll free: 1(800) 257-7756  
Fax: (604) 439-4729  
[www.bchousing.org](http://www.bchousing.org)

## ***Home to Home Advisory Services***

Provides eldercare planning and downsizing/moving services for seniors.

(604) 739-8080  
[www.home-to-home.ca](http://www.home-to-home.ca)

## ***Rental Assistance Program***

Provides eligible low-income, working families with cash assistance to help with their monthly rent payments. To qualify, families must have a gross household income of \$35,000 or less and have been employed at some point over the last year.

(604) 433-2218

## ***Residential Tenancy Branch***

The Residential Tenancy Branch provides landlords and tenants with information.

(604) 660-1020  
[www.rto.gov.bc.ca](http://www.rto.gov.bc.ca)

## **SAFER**

SAFER (Shelter Aid for Elderly Renters) is a program of BC Housing that provides financial assistance to BC renters age sixty and older whose rent is more than 30 percent of their income. Call for more information. Monday - Friday 8:30am to 4:30pm.

B.C. Housing Commission  
#101-4555 Kingsway  
Burnaby, BC, V5H 4V8

(604) 433-2218  
Toll free: 1(800) 257-7756  
Fax: (604) 439-4729  
[www.bchousing.org](http://www.bchousing.org)

## **Seniors Services Society**

Formerly known as SHIP, housing counselors are available to help seniors. This is a free service that provides information on housing options as well as Information and Referral on community resources. Monday - Friday, 8:30am- 4:30pm.

750 Carnarvon Street  
New Westminster, BC, V3M 1E7

(604) 520-6621  
Fax: (604) 520-1798  
Email: [info@seniorsservicessociety.ca](mailto:info@seniorsservicessociety.ca)  
[www.seniorsservicessociety.ca](http://www.seniorsservicessociety.ca)

## **Sources - (Surrey) Rent Bank**

At Sources, we believe that social wellness begins with a foundation of basic human needs including safe and stable housing. We also know that – for individuals and families living on low income – stable housing can be easily disrupted by a personal crisis or an unforeseen expense.

Sources Rent Bank assists individuals and families who are at risk of homelessness by offering short term loans for rent, damage deposit, and/or utilities. This program also offers coaching and workshops to assist individuals and families living on low income to increase their knowledge of financial management and residential tenancy rights and obligations.

#102–13771 72A Avenue  
Surrey, BC, V3W 9C6

(604) 547-0123  
Email: [srb@sourcesbc.ca](mailto:srb@sourcesbc.ca)  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

## **Tenant Hotline**

If you are a tenant and need information about your rights, call the Tenant Hotline.

Vancouver Area: (604) 255-0546  
Outside of Lower Mainland: 1(800) 665-1185  
[info@tenants.bc.ca](mailto:info@tenants.bc.ca)

# Housing

## ***BC Housing***

For a complete list of the BC Housing registry visit:

[www.bchousing.org/Find/Senior](http://www.bchousing.org/Find/Senior)

## ***Amenida Seniors' Community***

Amenida Seniors' Community has been helping the seniors of our community for over 20 years. We understand that you are looking for more than "home-like" – you are looking for **somewhere that IS home!**

At Amenida there is **always staff available to help you** in an emergency - so you can leave your worries & stress at the front door. With a full calendar of in-house activities, a wide variety of shops and services within walking distance and bus stop right outside you'll be able to keep as busy as you want. And when you want to relax, sit back in any number of lounges or, when the weather calls, enjoy a seat out on the patio.

Living at Amenida, you'll enjoy the convenience of being able to see the many professionals who visit us regularly – **without the hassle of waiting rooms** - including a physician, podiatrist, optometrist, audiologist, pharmacist, massage therapy and hair stylist .

We believe in building community and forming lasting friendships and we invite you to come visit us, feel the Amenida difference and become a part of the family.

13855 68th Avenue  
Surrey, BC, V3W 2G9

(604) 597-9333

Fax: (604) 597-8032

Email: [Jennifer.Ford@homecareliving.ca](mailto:Jennifer.Ford@homecareliving.ca)

Email: [Resident.Services@homecareliving.ca](mailto:Resident.Services@homecareliving.ca)

[www.homecareliving.ca](http://www.homecareliving.ca)

## ***Bear Creek Villa***

### **Retirement Living on the Park – Surrey's Newest Adult Resort Living Community**

All Inclusive Monthly Rental starting as low as \$1700. Bear Creek Villa is pet friendly retirement living in a tranquil park setting. Hear the birds singing in the morning as you sip your coffee while you look out onto Bear Creek and the beautiful forest surroundings. We are located on Bear Creek Park with the Bear Creek in our backyard; the spectacular views and are what make our facility so unique! Rent includes use of all amenities (gym, blood pressure machine library, theatre, billiards room, and gardens), your utilities (hydro, cable, internet, and water), 3 meals and snacks, housekeeping, pharmacy activities (bus trips, fitness, spiritual, artistic, social) and 24 hour emergency response. Full kitchen, washer, dryer, walk-in shower unit and high toilet in every suite. Short stay suites available to try us out for a weekend or a month. Call us today and come for lunch!

8233 140th Street  
Surrey, BC, V3W 5K9

(604) 599-9057

Email: [info@bearcreekvilla.com](mailto:info@bearcreekvilla.com)

[www.bearcreekvilla.com](http://www.bearcreekvilla.com)



## ***Chartwell Crescent Gardens***

Chartwell Crescent Gardens is an aging in place retirement community that offers condominium ownership as well as full service independent living rental suites that include breakfast, lunch, and dinner with a weekly housekeeping service. We help maintain our residents independence by offering assisted living support that improves the quality of life by offering a wide selection of personal care to our residents. Crescent Gardens also offers 24 hour residential care that has government funded as well as private pay beds. We honour and celebrate seniors and offer our residents a warm, caring and secure environment, which includes a wide variety of resident centered, meaningful recreation activities to enhance daily living and overall quality of life.

1222 King George Boulevard  
Surrey, BC, V4A 9W6

(778) 736-0345

## ***Elim Village***

A Christian retirement community situated on 20 acres in the heart of Fleetwood. Our *Campus of Care* model includes independent living, assisted/supported living as well as full residential (24 hour) care. Currently there are 250 independent units - Duplexes & Condos.

The Emerald Building (assisted/supported living) consists of 109 one and two bedroom apartments. Fraser Health subsidizes fifty three of the one bedroom suites. There are many extra services available at the Emerald to enhance the quality of everyday life.

The Harrison Building which consists of 112 single rooms and 6 double rooms offers full residential care. Fraser Health subsidizes a large number of these rooms as well.

For more information or to book an appointment to see what Elim Village has to offer, please call the presentation Centre at (604) 582-5579

Office is open Monday to Friday 9am-5pm and Saturday 12pm-5pm. Office is CLOSED on Sundays

9025 160th Street  
Surrey, BC, V4N 2X7

(604) 582-5579

Fax: (604) 582-5503

Email: [info@elimvillage.com](mailto:info@elimvillage.com)

[www.elimvillage.com](http://www.elimvillage.com)

## ***Fleetwood Villa***

Keep living your life, your way at Fleetwood Villa, located in Surrey, B.C. You'll find the range of services, amenities and choices that fit your lifestyle and requirements – all in a warm and safe environment.

With retirement living at Fleetwood Villa, you change your address, not your life. We're in a quiet, residential neighbourhood, with easy access to public transportation, the Fraser Highway and main throughways. Nearby, you'll find shopping, restaurants, community services, a seniors centre, recreation centres, a library, medical services, churches, and more.

Everything is designed to enable you to maintain your independence and privacy, enjoy a full social life, and participate in the activities that you love. Our caring and friendly staff, (24 hour nursing care included) along with appealing accommodations (studios, studio alcoves, one and two bedroom suites available), supports who you are and how you want to live. Explore what we have to keep you living in freedom and comfort.

Fleetwood Villa is part of the Revera family, one of North America's leading and most trusted providers of senior's accommodation, care and services since 1961.

For more information or to book a tour of the Villa, please call our office

16028 83rd Avenue,  
Surrey, BC, V4N 0N2

(604) 590-2889

Fax: (604) 590-2887

Email: [fleetwoodvilla@reveraliving.com](mailto:fleetwoodvilla@reveraliving.com)

## ***Golden Age Paradise***

Independent Supportive Living: Home away from Home housing for mobile elderly Women. We understand the need to provide our elderly with all the support they need and how important it is to have an active day with companionship. Here she will have companionship like living with her own daughter. We offer 24 hour support as well as nutritious meals, laundry service and housekeeping. All rooms are furnished and beautifully decorated and we are willing to accommodate comfort for each individual. Small non shedding dogs may be considered.

Adult Day Break Service: Perhaps you are looking for an Adult Day Break Service that will give family caregivers some relief and support to go shopping or run errands. Our Adult Day Break Service include recreation, workshops, entertainment and activities. For those who love gardening we offer supervised Square Foot Gardening in the back yard during the summer. Half Days and Full Days with snacks and meals are provided.

Hours Monday to Friday 10-4pm

Respite Support Service: We are available in our home to give you comfort and peace of mind knowing that the person you love with mild dementia or any other situation is spending time with another caring individual in a safe supportive environment. Hours Dependent on need.

All programs and housing requires registration to secure a spot and for now a private pay service.

15841 Buena Vista Ave  
White Rock, BC, V4B 2A2

(604) 694-9000

[www.goldenageparadise.com](http://www.goldenageparadise.com)

## ***Laurel Place***

Laurel Place is a fully accredited 175 bed BC family owned and operated complex care facility. This includes a 35 bed convalescent care neighbourhood and private pay suites. We are situated one block North of Surrey Memorial Hospital. Professional nursing care is provided 24 hours daily. We offer home cooked meals and snacks. A variety of Therapeutic Recreation programs are provided by professional staff. Music therapy, bus outings, arts, games and pub nights are some of our resident's favourite activities. Pastoral care is inclusive to all faiths and beliefs. Our fitness centre is where residents can attend exercise to maintain mobility and strength. Our Rehabilitation team consists of a Physiotherapist, an Occupational therapist and Rehabilitation Assistants. Laurel Place welcomes tours and visits from people interested in looking for residential complex care.

9688 137A Street  
Surrey, BC, V3T 4H9

(604) 582-6336  
Email: [info@laurelplace.ca](mailto:info@laurelplace.ca)

## ***Retirement Concepts***

Retirement Concepts is one of the largest providers of seniors housing and services in British Columbia. We offer private pay and funded independent-living, assisted-living and residential care in 5 convenient locations across Surrey and White Rock. Our mission is to find you the best option that meets your needs through de-mystifying the sometimes complicated world of seniors housing and services. Retirement Concepts strives to provide the best locations, top-notch services and quality care in locations that are "So Nice to Come Home To." Call us today at 604-669-4969 or visit our website at [retirementconcepts.com](http://retirementconcepts.com) to find out more about what we have to offer.

**Guildford Seniors Village**  
14565 104A Ave Surrey, BC  
Residential Care

(604) 582-0808

**Rosemary Heights Seniors Village**  
15240-34th Ave Surrey, BC  
Assisted Living and Residential Care

(778) 545-5000

**Peace Portal Seniors Village**  
15441 16th Ave Surrey, BC  
Residential Care

(604) 535-2273

**White Rock Seniors Village**  
1183 Maple Street, White Rock, BC  
Independent Living and Residential Care

(604) 541-4663

## ***Revera- Whitecliff***

Whitecliff offers our residents a **continuum of care with Independent, Assisted and Complex Care** suite choices while located directly **across the street from Peace Arch Hospital**.

A full domain of wellness is promoted throughout our **pet-friendly** community with our signature **Rev-It-Up program and Dakim Brain Fitness** to sustain cognitive health.

Our new **LiveWell program** offers customized plans to suit individual needs. Ideally situated atop **2.5 acres of greenery**, our residence exudes a **quiet charm in a relaxed, yet elegant atmosphere** that our residents are proud to call their home.

For more information or to book an appointment to see what Whitecliff has to offer, please call:

15501 – 16<sup>th</sup> Avenue  
Surrey, BC, V4A 9M5

(604) 538-7227  
[www.Reveraliving.com](http://www.Reveraliving.com)

## ***The Peninsula Retirement Residence***

Everyone has different goals for their lifestyle - We provide the foundation: you provide the direction.

Whether you are an active senior wishing for total independence in a beautiful setting with an array of activities and amenities to choose from, or would like the peace of mind that comes from knowing that assisted living services are available when you need them, the Peninsula offers a lifestyle designed to suit your needs.

At the Peninsula we provide three meals daily, live entertainment twice weekly, two casual wine socials weekly, housekeeping with linen service, a 24 hour in-house emergency response system with licensed care aides, and a recreation program that features daily activities including an appointment shuttle twice weekly. Rents include all of these services as well as cable, heat and hot water.

Assisted living services are available to those who need extra personal care – as your needs change our Wellness Department Manager will tailor a personal service plan for you. We are designed and staffed to support our residents' independence, freedom, social pursuits, health and safety, and so much more. For those not sure if a retirement residence is right for them, we offer trial and respite stays in our beautiful guest suites. Pet friendly!

The possibilities for a great retirement are endless. Please contact us for lunch and a tour.  
[www.peninsulaliving.ca](http://www.peninsulaliving.ca)

2088 152<sup>nd</sup> Street  
Surrey BC, V4A 9Z4

(604) 538-2033

## ***The Royale Pacifica Retirement Living***

Is a Zen-infused spa-like environment that relaxes your very soul. Whether you're looking for independent or assisted living, Pacifica offers both options along with unmatched affordability and flexibility. All located in South Surrey within a short drive to the new Grandview Corners outdoor shopping plaza and Peninsula Village Shops. Our luxury community and spacious deluxe suites are unmatched anywhere in the retirement industry. Come discover the diamond standard of **retirement living at Pacifica**. We are pet friendly.

For more information or to book an appointment to see what The Pacifica Retirement Community has to offer, please call the office at (604) 535-9194.

2525 King George Blvd.  
Surrey, BC, V4P 0C8

(604) 535-9194  
Fax: (604) 535-1663  
Email: [Pacifica@theroyale.ca](mailto:Pacifica@theroyale.ca)  
[www.pacificalliving.ca](http://www.pacificalliving.ca)

## ***Seniors Services Society***

Seniors Services Society provides housing services for seniors 55+ or those close to 55 with a disability living in British Columbia. Seniors Services Society is the only non-profit society working specifically with seniors to assist them in finding appropriate housing. The Seniors Housing Directory of BC can help you on your housing search by generating a list of seniors housing buildings based on two criteria that you select: area and type of housing.

(604) 520-6621  
[www.seniorsservicesociety.ca/find\\_housing.html](http://www.seniorsservicesociety.ca/find_housing.html)

## ***Concord Retirement Residences***

Seniors' residence has studio, one-bedroom and one-bedroom plus den apartments, and seaside cottages. Rent includes 3 meals per day, housekeeping and linen service. Recreational and laundry facilities provided. There is a 24 hour emergency response system. Contact Holly Mackintosh.

15869 Pacific Avenue  
White Rock, BC, V4B 1S8

(604) 531-6198  
Fax: (604) 531-6192  
Email: [concordretirementresidence@shaw.ca](mailto:concordretirementresidence@shaw.ca)  
[www.concordretirementresidence.com](http://www.concordretirementresidence.com)

## ***Czorny Alzheimer Centre***

Czorny is the first stand-alone residential care facility in Fraser Health designed specifically to meet the needs of people with Alzheimer's disease. It houses 72 residents in six home-like cottages. Fraser Health operates the facility and Fraser Health Case Managers arrange transition to the Czorny Alzheimer Centre. The Czorny Alzheimer Centre is also home to the Alzheimer Society of B.C.'s North Surrey Resource Centre.

16850 - 66th Avenue  
Surrey, BC, V3S 5M1

(604) 575-6712

## ***Evergreen Baptist Care Home***

Complex Care offering 24 hour nursing care for the frail elderly who can no longer be safely supported at home. All units within the Evergreen Campus of Care are subsidized by Fraser Health and/or BC Housing. Access to Complex Care is made through a Fraser Health Case Manager.

1550 Oxford Street  
White Rock, BC, V4B 3R5

(604) 536-3344  
Email: [info@evergreen-home.com](mailto:info@evergreen-home.com)  
[www.evergreen-home.com](http://www.evergreen-home.com)

## ***Evergreen Heights***

84 units of Assisted Living for seniors who are cognitively able to direct their own care but who have needs that can be met on a scheduled basis. All units within the Evergreen Campus of Care are subsidized by Fraser Health and/or BC Housing. Access to assisted living is through Fraser Health.

1501 Everall Street  
White Rock, BC, V4B 3T2

(604) 541-3817  
Email: [l.chiasson@evergreen-home.com](mailto:l.chiasson@evergreen-home.com)  
[www.evergreen-home.com](http://www.evergreen-home.com)

## ***Friendship Village***

Apply to the BC Housing Registry.

6526 135th Street  
Surrey, BC

(604) 433-2218

## ***Guildford Glen***

Apply to the BC Housing Registry. Housing Registry code: BAL. 19 one-bedroom units.

14870 101A Avenue  
Surrey, BC

(604) 433-2218

## ***Hoffman Manor***

Provides 43 one bedroom subsidized rental units with 2 wheelchair modified suites.

17660 60th Avenue  
Surrey, BC, V3S 1V2

(604) 576-0083

## ***Kinsmen Lodge***

Kinsmen Lodge provides loving care in a safe, multicultural home that respects and supports individual choices. We are fully accredited with Accreditation Canada and provide 24 hours nursing services, 7 days a week. We believe in person centered care and strive to eliminate boredom, loneliness and helplessness. Kinsmen Lodge is a registered charity and can issue tax receipts for all donations greater than \$20.

9650 – 137A Street  
Surrey, BC, V3T 4H9

(604) 588-0445  
Fax: (604) 588-7211  
Email: [info@kinsmenplace.org](mailto:info@kinsmenplace.org)  
[www.kinsmenlodge.ca](http://www.kinsmenlodge.ca)

## ***Kiwanis Park Place***

Apply to the BC Housing Registry.

12850 26th Avenue  
Surrey, BC, V4P 1S1

(604) 538-9669

## ***Len Shepherd Manor***

Subsidized Housing for seniors and individuals with disabilities. Apply through the BC Housing Registry.

15090 - 101<sup>st</sup> Avenue  
Surrey, BC, V3R 6T4

(604) 433-2218

## ***Peace Arch Senior Citizens Housing Society operating as 'Peace Arch Manor'***

This is a 79 unit building for the independent living for Senior's over the age of 55 years. We are now a smoke free building, and also have a 'NO PET' policy. All suites are 1bdm's w/balcony. There is a common area rec. room, laundry room, and we are wheelchair accessible thru-out. All rents are based on 30% of total income and re assessed yearly.

Applications are available at "**The Manor**" at main entrance **or** for more info please call the On-site Resident Manager – (604) 531- 4412. There is a waiting list so it is important to have an application submitted in order to be considered.

15468 Roper Avenue  
White Rock, BC, V4B 2G5

(604) 531-4412

## ***Progressive Intercultural Community Services (PICS) Society - Independent Living***

Our 54 unit Guru Nanak Niwas is for low income, independent seniors who are able to live on their own but desire the security and conveniences of community living. This facility offers organized social and recreational programs and can also provide laundry facilities, linen services, meals and access to meals, local transportation and planned social activities. All units are wheelchair accessible and subsidized by BC Housing.

**Independent Living**  
#100-7566 120A Street  
Surrey, BC

(604) 596-0052  
[www.pics.bc.ca](http://www.pics.bc.ca)

## ***Progressive Intercultural Community Services (PICS) Society - Assisted Living***

The Assisted Living Program is designed to provide personal care and hospitality services to tenants living in a private suite comprising of a kitchen, dining area, living room, bedroom, and wheelchair accessible washroom. At this unique facility we provide 24-hour care to the residing seniors and the qualified caring staff assists them with varied activities including personal care, nursing care, emotional, and psychological support along with all other activities of daily care. The program is designed to provide meal services which include 3 meals a day, housekeeping, laundry, social and recreational activities, and a 24-hour emergency response system. This program as a housing and health services program is designed to fit between Home care services and facility-based complex care.

12075 - 75A Avenue  
Surrey, BC, V3W 1N3

(604) 596-0052  
[www.pics.bc.ca](http://www.pics.bc.ca)

## ***Somerset Gardens***

Apply to the BC Housing Registry total of 10 one bedroom units.

1821, 1831, 1851 Southmere Crescent East  
Surrey, BC

(604) 433-2218

## ***Southdale Manor I, II***

25 Bachelor units in buildings I, II.

5956 176A Street  
Surrey, BC, V3S 4H8

(604) 576-0083



## ***Sunnyside Villas***

Subsidized housing complex for seniors in Surrey/White Rock. Rent is based on 30% of net income. Contact Sunnyside Villas for application forms.

2603 151<sup>st</sup> Street  
Surrey, BC, V4P 1N3

(604) 538-8308

## ***Ted Kuhn Towers I and II***

Subsidized Housing for seniors and individuals who have disabilities. Apply through the BC Housing Registry. Wheelchair accessible suites available. Call number listed for other available properties.

13350 Old Yale Road  
Surrey, BC, V3V 3E6

(604) 433-2218  
[www.bchousing.org](http://www.bchousing.org)

## ***The Gateway***

Subsidized assisted-living residence for seniors with 48 one-bedroom suites and 12 bachelor suites. Meals, housekeeping, security, 24-hour emergency response provided. Enhancements to maintaining independent lifestyle include social areas on each floor, laundry on each floor, and convenient location to community services. All referrals must be made through Fraser Health Authority. Call Central Intake at (604) 953-4965.

13787 100th Avenue  
Surrey, BC, V3T 5X7

(604) 585-2906  
Fax: (604) 495-4560  
Email: [thegateway@shawlink.ca](mailto:thegateway@shawlink.ca)

## ***Westminster House***

A private non-profit, residential care facility with 117 suites (bed sitting rooms, studios, 1 or 2 bedroom suites) which are licensed by the Adult Care regulations under the Community Care and Assisted Living Act. Offers professional nursing services, assistance with activities of daily living (bathing, dressing etc.), 3 meals per day, housekeeping, laundry, physiotherapy, recreation and leisure programs, pastoral care, allows couples with different needs to stay together. For more information, contact Gord.

1653 140<sup>th</sup> Street  
Surrey, BC, V4A 4H1

(604) 538-5291  
Fax: (604) 535-2510  
[www.westminster-house.org](http://www.westminster-house.org)

# Information & Health

## ***Seniors Come Share Society - Senior Service Connector***

Resources and referral for seniors and families. We help connect seniors and/or their caregivers with available information and services in our community including:

- Volunteer Services
- Legal Services
- Recreation Programs
- Financial Services
- Housing Options
- Help with forms
- Health Services
- Caregiver Programs
- Food Services

We have 13 permanent locations throughout Surrey & White Rock. If you cannot make it out to one of these locations please call us and we can arrange for one of our volunteers to come to you. For more information or to book an appointment with a Senior Connector please call:

(604) 531-9400 ext. 204

## ***Active Choices-UVIC***

A free six-month telephone support program tailored to your needs and schedule that helps increase your physical activity safely and regularly. This program teaches self-management skills to help shape exercise habits.

Lower Mainland: 604 522-1492  
Elsewhere in BC: 1 866 902-3767  
Email: [angela.activechoices@shaw.ca](mailto:angela.activechoices@shaw.ca)

## ***BC 211***

Contact us to speak with an Information Specialist. Services are free, confidential, multilingual and available 24/7. We can help you find information about: Counselling, Employment assistance, Senior services, Language classes, Housing, Legal help, Recreation, Home support, Homeless shelters, Support groups and more.

Simply Dial: 211  
(604) 875-0885  
[www.bc211.ca](http://www.bc211.ca)

## ***BC Centre for Elder Advocacy and Support (BCCEAS)***

Works to raise awareness, and to prevent and respond to elder abuse and neglect. Provides information, support, advocacy and legal representation for older adults age 55+. Offers free financial literacy and elder abuse prevention workshops, including training, for older adults and community groups.

(604) 688-1927  
Fax: (604) 437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

## ***City of Surrey Municipal Hall***

Need to make a service request related to animal control, garbage, traffic, parks, and more.

Hours: 8:30am – 4:30pm

(604) 591-4011

[www.surrey.ca](http://www.surrey.ca)

## ***City of White Rock Municipal Hall***

Need to make a service request related to animal control, garbage, traffic, parks, and more.

Hours: 8:30am – 4:30pm

(604) 541-2100

[www.whiterockcity.ca](http://www.whiterockcity.ca)

## ***Fair PharmaCare Administration***

Register to receive your maximum financial assistance under the Fair PharmaCare plan. The amount you pay for prescriptions depends on your net income. PharmaCare subsidizes eligible prescription drugs and medical supplies.

Customer services representatives are available Monday to Friday 8:00am to 8:00pm and Saturday 8:00am to 4:00pm.

You can register for Fair PharmaCare at <https://pharmacare.moh.hnet.bc.ca/>.

PO Box 9035 Stn. Prov. Govt.  
Victoria, BC, V8W 9E3

(604) 683-7151

Toll Free: 1(800) 663-7100

[www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)

## ***HealthLink BC - 811***

HealthLink BC provides 24/7 access to non-emergency health information and advice in British Columbia via telephone, a website, a mobile app, and a collection of print resources, including the BC HealthGuide Handbook. Free nutritional counselling is provided by a Registered Dietitian/Nutritionist from Monday to Friday. Talk to a registered Nurse, available 24/7. Also available is a Ministry of Health Nicotine Replacement Therapy Program to help those who are wishing to quit smoking. Along with a Quit Now counsellor to support callers who are trying to quit and help support them through Nicotine cravings. Pharmacists are also available from 5:00 am to 9:00pm.

The website, [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca), provides medically-approved information on more than 5,000 health topics, symptoms, and over-the-counter and prescription drugs and offers tips for maintaining a healthy lifestyle. It also offers an integrated search and mapping function to more than 6,100 health services to help British Columbians find health services close to their home communities.

Translation services are available in more than 130 languages upon request.

Call 8-1-1 or  
7-1-1 (for hearing impaired)

## ***Medical Services Plan of BC***

All BC residents are required to register and are asked to pay a monthly premium. If your income is low and you are a Canadian citizen or landed immigrant (permanent resident) who has held that status or lived in Canada for the last 12 months, you may be eligible to receive assistance with premium payments or a premium waiver. If you are 65 or over and enrolled in MSP you will automatically receive a Gold Care Card. Your Gold Care Card is useful as proof of age and residence for discounts offered by certain government programs and many businesses.

Hours: Monday - Friday 8:00am to 4:30pm

Ministry of Health and Ministry Responsible for Seniors  
P.O. Box 9035 Stn. Prov. Govt  
Victoria, BC, V8W 9E3

(604) 683-7151  
Toll Free: 1(800) 663-7100  
[www.health.gov.bc.ca/msp](http://www.health.gov.bc.ca/msp)

## ***Patient as Partners | Patient Voices Network***

Become a 'Patient Partner' to share your concerns and suggestions about our health care system. A Ministry of Health initiative.

(604) 742-1772

## ***Self-Management BC***

Free community and on-line workshops are available for people living with chronic health conditions/chronic pain. The workshops are also for their family and caregivers through Self-Management BC, coordinated by the University of Victoria and supported by the BC Ministry of Health. These workshops meet in several Surrey locations, once per week for 2 ½ hours for six weeks. Self-Management workshops are available for **Chronic Disease, Chronic Pain, Diabetes, Arthritis/Fibromyalgia** and **Active Choices**. All participants receive the free companion book, "Living a Healthy Life with Chronic Conditions". For more information or to register for a free workshop visit our website.

Toll Free: 1 (866) 902-3767  
(604) 940-1273  
Fax: (604) 940-2099  
Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

## ***Seniors Abuse and Information Line***

Seniors Abuse and Information Line (SAIL) is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention. Funded by the Province of BC. Language interpretation available Monday – Friday from 9:00 am- 4:00 pm.

Hours: 8 am – 8pm daily excluding statutory holidays  
Phone: (604) 437-1940 | Toll Free: 1(866) 437-1940  
TTY Hours: 9am – 4pm Monday to Friday excluding statutory holidays  
TTY: (604) 428-3359 | Toll Free: 1(855) 306-1443

## ***Service BC***

A telephone Information and Referral service for BC provincial government services and programs. Can't find what you are looking for? Have a question about a program or service?

Hours: Monday - Friday 7:30am to 5:00pm.

Vancouver: (604) 660-2421  
Elsewhere in B.C: 1(800) 663-7867  
[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)

## ***Specialized Seniors Clinic***

The Specialized Seniors Clinics provides out-patient assessment and treatment services for seniors in the South Surrey/White Rock area. Services are for seniors who have had changes in their physical or mental health that have affected their ability to live independently or care for themselves. Any medical professional can make a referral to the program; however, the family doctor's consent is necessary. Office hours: Monday - Friday 9:00am to 4:30pm

Berkeley Building  
15476 Vine Avenue  
White Rock, BC, V4B 2R4

(604) 535-4577  
Fax: (604) 535-4587

## **Legal Assistance**

### ***Seniors Come Share Society – Seniors Law Advice Clinic***

A lawyer will be available at Seniors Come Share Society to help seniors with legal queries and problems concerning Power of Attorney, Wills, Tenancy issues, Representation Agreements and Family Law issues. Appointments must be pre booked, are 30 minutes in duration and are free of charge. For any additional visits away from Seniors Come Share Society or when any legal work is done, the usual lawyer's fee will be charged. Call 604-531-9400 Ext 204 for more information on days, times and location or to book an appointment.

15008 26th Avenue  
Surrey, BC, V4P 3H5

(604) 531-9400 Ext 204

### ***Access Pro Bono.***

A non-profit organization that provides free legal service for low income clients. Free 30 minute appointment with a practicing lawyer. Lawyers do not appear in court but can assist you in preparation.

**Society Head Office**  
300-845 Cambie Street  
Vancouver BC, V6B 4Z9

(604) 878-7400  
Toll Free: 1(877) 762-6664  
Email: [appointments@accessprobono.ca](mailto:appointments@accessprobono.ca)  
[www.accessprobono.ca](http://www.accessprobono.ca)

## ***BC Centre for Elder Advocacy and Support (BCCEAS)***

Works to raise awareness, and to prevent and respond to elder abuse and neglect. Provides information, support, advocacy and legal representation for older adults age 55+. Offers free financial literacy and elder abuse prevention workshops, including training, for older adults and community groups

Hours: 8 am – 8pm daily excluding statutory holidays  
Phone: (604) 437-1940 | Toll Free: 1(866) 437-1940

TTY Hours: 9am – 4pm Monday to Friday excluding statutory holidays  
TTY: (604) 428-3359 | Toll Free: 1(855) 306-1443

## ***Dial-A-Law***

Dial-A-Law is a library of pre-recorded messages prepared by lawyers to provide practical information on specific topics of law as they apply in BC, but not legal advice. If you need further information, you should consult a lawyer. Dial-A-Law is a free service available by telephone and internet. For a list of topics call and request a brochure. Chinese and Punjabi also available.

(604) 687-4680  
1(800) 565-5297  
[www.dialalaw.org](http://www.dialalaw.org)

## ***Elder Law Clinic and Legal Advocacy Program***

Staff lawyers and a legal advocate provide legal advice, advocacy and representation, in areas of law related to elder abuse; to people age 55+ who are not able to access legal help elsewhere due to low income or other barriers. Provide legal information and support on issues relating to housing (residential tenancy), debt, government benefits (CPP, OAS, GIS, etc.), financial exploitation, guardianship/capacity, abuse/neglect, residential care, and discrimination. Funded by the Law Foundation of BC.

Hours: 8 am – 8pm daily excluding statutory holidays  
Phone: (604) 437-1940 | Toll Free: 1(866) 437-1940

TTY Hours: 9am – 4pm Monday to Friday excluding statutory holidays  
TTY: (604) 428-3359 | Toll Free: 1(855) 306-1443

## ***Kent Street Activity Centre***

Local lawyers will help seniors 55+ on low income with legal queries & problems. Visits are free of charge at the centre. Usual fees will be charged for additional visits away from the centre or when any legal work is done. A Lawyer is available the first Wednesday of every month at 9:30am. Please call ahead to reserve a spot.

1475 Kent Street  
White Rock, BC, V4B 5A2

(604) 541-2231

## ***Legal Services Society***

A free service provided by Legal Services Society of BC. We provide a range of free services that may help people with low income. We offer legal information, legal advice, or legal representation on some specific legal issues. To discover the legal areas that we may help you in or to apply for legal services, please contact our offices or visit our website.

Hours: Monday, Tuesday, Thursday, Friday 9:00am to 4:00pm; Wednesday 9:00am-2:30 pm.

(604) 408-2172

Legal Information Outreach Worker: (604) 601-6166

[www.legalaid.bc.ca](http://www.legalaid.bc.ca)

[www.familylaw.lss.bc.ca](http://www.familylaw.lss.bc.ca)

## ***Law Students' Legal Advice Program***

A non-profit organization that offers free legal advice and representation to low-income earners throughout the Lower Mainland. Volunteer UBC law students, working under the guidance of supervising lawyers, provide legal expertise in various areas of the law. Areas covered: WCB, employment, small claims, first time criminal offenses, immigration, welfare, CPP and fraud. Call for more information.

(604) 822-5791

## ***Lawyer Referral Service***

Public service that refers lawyers to the public. Lawyers who participate in the program offer an initial no-obligation consultation of up to 30 minutes for a fee of \$25.00 plus taxes.

Service available by phone on weekdays from 8:30am to 4:30pm.

(604) 687-3221

1(800) 663-1919

Email: [lawyerreferral@cbabc.org](mailto:lawyerreferral@cbabc.org)

## ***Nidus Personal Planning Resources Centre and Registry***

Don't wait for a crisis – plan now. Prepare your legal documents in case you are seriously ill or injured and cannot speak for yourself. Go to the Nidus website to learn about how to protect your wishes with a Representation Agreement, a legal document in BC that allows you to authorize someone to assist you or act on your behalf. Nidus is a non-profit charity offering expertise on Representation Agreements through information and self-help forms. Nidus also has information on Enduring Powers of Attorney, advance directives and living wills. You can register your completed documents with the Nidus Personal Planning Registry so your documents and wishes are available when needed.

1440 West 12<sup>th</sup> Avenue  
Vancouver, BC, V6H 1M8

Voicemail: (604) 408-7414

Fax: (604) 801-5506

Email: [info@nidus.ca](mailto:info@nidus.ca)

[www.nidus.ca](http://www.nidus.ca)

## ***Poverty Law Program***

This program provides reliable quality poverty law legal services to the diverse BC public. The goal is to ensure fair access to income support programs and services through information, support and one-on-one advocacy for the following areas:

### **Income Assistance:**

- Rights and responsibilities
- Accessing benefits
- Disability
- Appeals and representation at tribunals

### **Housing:**

- Tenant rights and responsibilities
- Mediation with landlords
- Dispute resolution hearings

### **Federal Income Related Programs:**

- Assistance with access and appeals for Canada Pension Plan Disability benefits and other federal income programs
- Employment Insurance

### **Public Education:**

- Provide information workshops, and presentations and written materials to the general public

Services are also available in Punjabi

### **Newton Advocacy Programs Contact Information**

Contact Hours: 9:00am – 4:00pm | Monday - Friday

#102 – 13771 72A Avenue

Surrey, BC, V3W 9C6

(604) 596-2311

Fax: (604) 596-2319

## ***Pro Bono Legal Clinic***

Newton Advocacy Group Society and The Western Canada Society to Access Justice are proud to present The Neighborhood Law Clinic Pro Bono Legal Service – Free Legal Advice.

Volunteer lawyers are available, by appointment only, to people who do not qualify for legal aid and are not able to retain a lawyer. Clinics are at our office on Tuesdays and Wednesdays from: 2:00pm to 4:00pm.

Lawyers are not available to appear in court but can assist you in court preparation. Please dial (604) 878-7400 to find out if you qualify for this legal service. If you meet the qualifications, please call (604) 878-7400 to schedule an appointment and for address.



## ***Public Guardian and Trustee of BC***

The Public Guardian and Trustee (PGT) is a corporation sole established under the Public Guardian and Trustee Act. Its mandate is to:

- Protect the legal and financial interests of children and youth under the age of 19.
- Protect adults who require assistance in decision making through protection of their legal rights, financial interests and personal care interests.
- Administer estates of deceased persons, estates of missing persons, and act as trustee.

The PGT serves approximately 31,000 clients and administers almost \$1 billion dollars of client assets. For more information, visit the PGT website at: [www.trustee.bc.ca](http://www.trustee.bc.ca).

808 W. Hastings Street  
Vancouver, BC, V6C 3L3

(604) 660-4444  
Email: [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

## ***Seniors Abuse and Information Line***

Seniors Abuse and Information Line (SAIL) is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention. Funded by the Province of BC

Hours: 8 am – 8pm daily excluding statutory holidays  
Phone: (604) 437-1940 | Toll Free: 1(866) 437-1940

TTY Hours: 9am – 4pm Monday to Friday excluding statutory holidays  
TTY: (604) 428-3359 | Toll Free: 1(855) 306-1443

## ***Sources Legal Resource Centre***

Sources Legal Resource Centre mandate is to improve access to justice by providing free information and resources on a variety of legal issues to women and their families.

In the past many of the clients accessing our legal program were dealing with complex issues beyond family law, requiring a broader continuum of legal services. After consulting with other community agencies we decided that the community's legal needs would be better served from a central location with multiple legal resources.

Our Legal Resource Centre is committed to address the gaps in legal services that have quickly become evident by the increased number of case files as we are one of the remaining agencies in the South Fraser region to help clients who cannot afford representation in their family law matters.

Sources Legal Resource Centre is conveniently located for clients travelling within Surrey, Delta and White Rock as well as those travelling from Langley, Coquitlam and surrounding communities. It allows easy accessibility to public transit services.

### **Free Services Available from Sources Legal Resource Centre**

- Pro Bono Family Law Clinics
- South Asian Legal Education & Outreach
- Legal Information & Advocacy Program (family, immigration and poverty law)
- Legal Workshops and Seminars
- Legal Resource Library

#106 – 13771 72A Avenue  
Surrey, BC, V3W 9C6

(778) 565-3638  
Email: [rgill@sourcesbc.ca](mailto:rgill@sourcesbc.ca)

# Libraries

## ***City Centre Branch***

10350 University Drive  
Surrey, BC, V3T 4B8

(604) 598-7420

## ***Cloverdale Branch***

5642 176A Street  
Surrey, BC, V3S 4G9

(604) 598-7320

## ***Fleetwood Branch***

15996 84<sup>th</sup> Avenue  
Surrey, BC, V4N 0W1

(604) 598-7340

## ***Guildford Branch***

15105 105<sup>th</sup> Avenue  
Surrey, BC, V3R 7G8

(604) 598-7360

## ***Newton Branch***

13795 70<sup>th</sup> Avenue  
Surrey, BC, V3W 0E1

(604) 598-7400

## ***Ocean Park Branch***

12854 17<sup>th</sup> Avenue  
Surrey, BC, V4A 1T5

(604) 502-6304

## ***Port Kells Branch***

18885 88<sup>th</sup> Avenue  
Surrey, BC, V3S 5X7

(604) 598-7440

## ***Readability***

10350 University Drive  
Surrey, BC, V3T 4B8

(604) 598-7399

Email: [libraryoutreach@surrey.ca](mailto:libraryoutreach@surrey.ca)

## ***Semiahmoo Branch***

1815 152<sup>nd</sup> Street  
Surrey, BC, V4A 9Y9

(604) 592-6900

## ***Strawberry Hill Branch***

7399 122<sup>nd</sup> Street  
Surrey, BC, V3W 5J2

(604) 501-5836

## ***White Rock Library***

15342 Buena Vista Avenue  
White Rock, BC, V4B 1Y6  
90

(604) 541-2201

# Limb Loss

## ***Amputee Coalition of Canada***

Their goal is to improve and advance the quality of life of persons with limb loss. After recovery from limb loss, a person must learn to regain their independence not just in their own homes but also to reintegrate into their community. The rehabilitation phase following amputation focuses on providing immediate care for the individual, and often teaches them new physical skills to facilitate their adaptation to their physical deficits such as like learning to walk with an artificial leg, or learning to use a wheelchair. However, when a person with limb loss returns home they often feel isolated and alone. The Amputee Coalition of Canada was created to improve quality of life of persons with limb loss in their communities by providing education and opportunities to gain skills, lessons and coping techniques that increase confidence, connectedness, and sense of belonging.

Peer Visitor Program – Trained amputees whose role is to help a new amputee begin their transition to a new lifestyle. The peer visitors are volunteers and you must first request a peer visit by calling or emailing.

1(866) 611-2677

Email: [info@amputeecoalitioncanada.org](mailto:info@amputeecoalitioncanada.org)

[www.amputeecoalitioncanada.org](http://www.amputeecoalitioncanada.org)

## Lost Identification

<b><i>Birth Certificate</i></b>	1(250) 952-2681
<b><i>Credit Cards</i></b>	Canada: 1-800-847-2911
• Visa	1(800) 847-2113
• MasterCard	1(800) 622-7747
<b><i>Consumer Credit Report Information</i></b>	
• Equifax Canada	1(800) 465-7166
• Trans Union Canada	1(800) 663-9980
<b><i>Driver's License</i></b>	<b>Surrey</b> (604) 661-2255
<b><i>ICBC Customer Contact</i></b>	(604) 661-2800
<b><i>Pharmacare</i></b>	(604) 683-7151 Fax: 1(250) 405-3598
<b><i>Nexus Pass</i></b>	1(800) 461-9999
<b><i>Social Insurance Card</i></b>	1(800) 206-7218

# Medical Equipment

## ***Crossroads Mobility Solutions – Home Medical Equipment***

Knowledgeable, caring staff are here to help with rental, sales and service of scooters, power chairs, lift chairs, wheelchairs, walkers, bathroom safety equipment, hospital beds, incontinence supplies, support braces, compression therapy products, and hundreds of other aids for daily living.

Hours: Monday thru Friday, 9:00am to 5:00pm

Saturday: 10:00am to 4:00pm

Sunday: Closed

#110-9547 152<sup>nd</sup> Street  
Surrey, BC, V3R 5Y5

(778) 395-2221

[www.crossroadsmobility.net](http://www.crossroadsmobility.net)

## ***MEDIchair Surrey***

MEDIchair Surrey has been servicing the Surrey, Delta, Langley, White Rock and Ladner area for over 20 years. We provide Sales, Service and Rentals. We stock a wide range home medical equipment, including; Bathroom safety, walkers, canes, crutches, manual and power wheelchairs, scooters, bath lifts, hospital beds, fall prevention items, incontinent supplies, power lift chairs, stair lifts, residential porch lifts and elevators.

Come in and visit our showroom and see our wide selection. See our walk-in tub display or ride a stair lift.

Other languages available: Punjabi

Hours: Monday – Friday 9:00 to 4:30; Saturday's by appointment

Location:

#139-7536 130 Street  
Surrey, BC, V3W 1H8

(604) 572-9620

Fax: (604) 572-4929

Email: [surrey@medichair.ca](mailto:surrey@medichair.ca)  
[www.medichair.com/surrey/](http://www.medichair.com/surrey/)

## ***Aids to Independent Living***

Many seniors coping with long-term illness and injury do not have the financial resource required to purchase or rent medical equipment. This program loans out health equipment, free of charge, to Home Health clients living in the area. Some conditions apply such as being referred by an occupational therapist or physiotherapist and must have less than \$20,000 in savings or up to \$26,000 for a person with a children/spouse with disability. Please contact for more information.

(604) 709-6600 ext. 633,634,632

In the Fraser East Area, call (604) 859-5960

## ***Comfort Care Mobility***

Experienced mobility technician. Will repair scooters, wheelchairs, walkers, etc. Also have new and used scooters, lift beds, lift chairs, etc. for sale/rent. Call Stan with your needs.

(604) 440-1777

## ***Red Cross Health Equipment Loan Program (HELP)***

This volunteer-run service provides short-term loans of basic medical equipment to clients for home use. Equipment is provided, by donation, and includes (manual) wheelchairs, walkers, crutches and bathroom aids. A medical referral is required for the loan of all equipment.

### **Surrey**

#109, 14727 108 Avenue  
Surrey, BC, V3R 1V9

(604) 930-9049  
Fax: (604) 930-9036  
[www.redcross.ca/help](http://www.redcross.ca/help)

Hours: Monday – Friday 9:00am to noon, Wednesday - 6:00pm to 8:00pm  
Saturday - 9:00am to 3:00pm

### **White Rock**

#16, 1480 Foster Street  
White Rock, BC, V4B 3X7

(604) 536-7911  
Fax: (604) 536-7956  
[www.redcross.ca/help](http://www.redcross.ca/help)

Hours: Monday/Tuesday/Thursday/Friday/Saturday - 9:30am to 12:30pm  
Wednesday - 1:30pm to 4:30pm

## ***Shoppers Home Health Care***

Rental, sales and service. Stocks a wide range of equipment and accessories including crutches, scooters, walkers and wheelchairs. Certified fitters in mastectomy prostheses forms and compression therapy and apparel is available.

Hours: Mon, Tue, Wed, Fri 9-6. Thu 9-8. Sat 10-5  
15182 North Bluff Road  
White Rock, BC, V4B 3E5

(604) 538-3400  
Fax: (604) 538-3481  
[www.shoppershomehealthcare.ca](http://www.shoppershomehealthcare.ca)

# Mental Health

## ***Mental Health Information Line***

Province wide crisis line for those in distress. Can call 24 hours a day.

(604) 310-6789

## ***Mental Health and Addictions - Surrey Central***

A program of the Fraser Health Authority. Provides a variety of mental health services. General information and intake for all areas of Surrey.

Hours: Monday - Friday 8:30am to 4:30pm. Other languages- Hindi, Punjabi, French.

13401-108 Avenue (11th Floor)  
Surrey, BC

(604) 953-4900  
Fax: (604) 953-4901

## ***Mental Health - White Rock/ South Surrey***

The community geriatric psychiatry program is a specialized outreach service for people 65 and over who are affected by dementia, major affective disorder or other severe mental illnesses. Referrals to the program may be made by anyone and services are provided at no cost. Hours: Monday - Friday 8:30am to 4:30pm.

Berkeley Unit D, Peace Arch Hospital  
15521 Russell  
White Rock, BC, V4B 2R4

(604) 541-6844  
Fax: (604) 535-4566

## ***Mood Disorders Association of BC***

A non-profit association whose mission is to provide support and education to people with mood disorders, their families and their friends, as we build an understanding community. Find us at [www.mdabc.net](http://www.mdabc.net), on FB and Twitter.

Hours: Mondays - Thursdays 9:00am to 5:00pm, Fridays 9:00am to 4:00pm.

#1450- 605 Robson Street  
Vancouver, BC, V6B 5J3

(604) 873-0103  
Fax: (604) 873-3095  
Email: [info@mdabc.net](mailto:info@mdabc.net)  
[www.mdabc.net](http://www.mdabc.net)

## ***Sources- Newton Resource Center***

### **Mental Health Consumer Advocacy Program**

Wide range of supports, information, and advocacy for consumers of mental health services. Offers advocacy and support in dealing with income assistance, housing and federal income assistance programs like Canada Pension Plan.

#102-13771 72A avenue  
Surrey, BC  
94

(604) 596-2311

# Mobile Hair Dresser

## ***Mobile Scissors*** ♥

Do you or your loved one need your hair done?

If so, I would be more than happy to meet you!

**I have been serving clients for 32 years professionally.**

I provide all kinds of Services for Hair (Sets, Haircut, Perm) and more. We travel to the comfort of your Home, Hospital, and Care Homes

Call Julia Hik now!

(778) 861-2237  
[www.Mobilescissors.com](http://www.Mobilescissors.com)

## ***Mobile Hair Services***

Monica goes into clients homes to provide hair services such as: Cut, Shampoo and Perms. The areas she provides her services are: Surrey, White Rock, Ladner and Delta. Please contact her for more information. Call Monica at:

(604) 385-2602  
(604) 290-6932

# Mobile Medical Services

## ***Life Labs Laboratory Services***

Mobile lab services for homebound and non-ambulatory patients. At a physician's request, full range of collection services at no charge to the patient. Please call to book a home visit.

(604) 412-4495

# Nursing Services

## ***All Nursing Health Services Inc.***

Providing Professional Nursing, Respite Care, Palliative Care, Dementia Care, IV, Foot Care, Wound Care, Post Surgery Care at great low rates, 24/7. Our certified staff has knowledge, skills, and commitment to provide the highest level of care to seniors. By going the extra mile for our clients, All Nursing Health Services Inc. has become the preferred senior home care service provider. We are a registered provider for ICBC, Work Safe BC and the Veterans Independent Program (VIP). We work in cooperation with the client, family, physician, pharmacist and government agencies. Most Doctors, Social Workers and Discharge Planners turn to us when they need care for their own families. Call us for a free in home assessment by a Registered Nurse. We also Provides in-home Wound care services. Services are provided by trained wound care nurses. We are open 24/7.

(604) 488-9323

Fax: 1(800) 372-7104

Email: [Info@allnursing.ca](mailto:Info@allnursing.ca)

[www.allnursing.ca](http://www.allnursing.ca)

## ***Care Hands***

Care Hands is dedicated to provide better home health care to seniors and differently able. We provide each and every kind of Services that Seniors need. Some of our services are, Home Care, Home Health Care, Companionship, Meal Preparation, Housekeeping, Senior Transportation, Shopping and Errands, Janitorial Services, Moving Assistance, Assisted Living, Pharmacy Services, Insulin & Drugs pickup and delivery, Elder Care Massage, In home Physiotherapy and any other services which Seniors wanted to get. All our Staff are trained, qualified and we do their background and references Checks. We are licensed, insured and bonded. We also provide service to VA, WorksafeBC and ICBC Clients. Call us for a Free In Home Assessment and we will design and specialized Care Plan for you: - Call Alfi- 6047231516. Do not hesitate to ask us for ANY SENIOR SERVICES. Serving entire lower mainland for last 4 years.

Unit # 200 - 8572 Fraser Street  
Vancouver, BC, V5X 3Y3

(604) 723-1516 or (604) 568-6393

Email: [support@carehands.ca](mailto:support@carehands.ca)

[www.carehands.ca](http://www.carehands.ca)



# **House Calls Health & Wellness**

*“We Bring Our Heart to Your Home”*

House Calls Health & Wellness provides caring, cost-effective in-home care for individuals who require assistance living independently in their own home. This enables them to remain close to their loved ones, in a familiar environment in the community they call home.

House Calls Health & Wellness is a mobile home care service offering:

Personal care, medical foot care, household management assistance, housekeeping, meal preparation, companionship, appointment escorting and nursing care to individuals who value their independence and wish to be cared for at home.

We offer all of our services in the comfort of your own home. Our foot care services are also available at our Wellness Centre. Call today for more information.

#103-20353 64 Avenue  
Langley, BC, V2Y 1N5

(604) 510-5155  
[www.housecallsnursing.ca](http://www.housecallsnursing.ca)

## **Nurse Next Door**

**Home care services**

Home care that celebrates aging

Whether you are looking for home care for yourself or a loved one, we know that it's about caring, not just healthcare. Choose from services spanning a full range of both medical and non-medical home care for seniors. Select from our three pillars of caring which offer senior home care support ranging from just a few hours a week of caring companionship and light housekeeping right through to around-the-clock caring from a registered nurse – and everything in between.

Our senior home care services are about more than just providing the clinical healthcare our clients need. We'll work to get you, or your loved one, back to doing the things you love – it's time to celebrate aging. It all starts with a FREE Caring Consult with one of our expert Care Designers. Our purpose is Making Lives Better – let's start with yours. Always open - 24/7 access, 24/7 service

(604) 536-8037  
Toll Free: 1(877) 588-8609  
Email: [whiterock@nursenextdoor.com](mailto:whiterock@nursenextdoor.com)  
[www.nursenextdoor.com](http://www.nursenextdoor.com)

## ***Pacificare At Home Services***

Following a free in home consultation, a care plan is mutually designed to allow you to safely stay in your home. We provide registered personal care aides and homemakers who are bonded and insured. They can assist with bathing, linen change and laundry; light housekeeping duties, meal preparation, respite care and Dementia care. A registered nurse monitors the service, ensuring quality care is being provided. Proudly BC Owned and Operated since 1992.

(604) 535-0638

Fax: (604) 538-3855

Email: [Info@pacifcare.ca](mailto:Info@pacifcare.ca)

## ***Safe Care Home Support***

The Safe Care Home Support Services are not limited to providing assistance in your home. Our nursing care services are available to assist you in any medical facility across Lower mainland

By choosing Safe Care's person-centered approach, you and your loved ones can find peace of mind in knowing that you have chosen the best private home care provider in **Lower mainland**.

Safe Care provides your love ones with the best Nursing Care include:

- Post- Hospital Care
- Wound Care
- Palliative & End-of –life care
- Mobile Foot care
- Medication Reminders
- Alzheimer's & dementia Care
- Live-in Caregiver
- Personal Care& Hygiene

Call Us for **FREE** Consultation

(604) 945-5005

[www.safecarehomesupport.ca](http://www.safecarehomesupport.ca)

## ***Harmony Health Care***

In-home nursing specialists. Staff includes registered nurses, licensed practical nurses and home-support care aides. Provides palliative and home support, personal care, foot care, companionship and travel assistance as well as respite for family and caregivers.

104 - 1548 Johnston Road  
White Rock, BC, V4B 3Z8

(604) 536-2445

Fax: (604) 536-2464

Email: [whiterock@harmonyhealthcare.ca](mailto:whiterock@harmonyhealthcare.ca)

[www.harmonyhealthcare.ca](http://www.harmonyhealthcare.ca)

# Pensions and Financial Supplements

## ***Canada Pension Plan (CPP)***

CPP is a federal program that provides benefits to those who have contributed to the pension plan through past employment in Canada. Applications are available at the local Social Development Canada office or online at CPP website.

## ***Guaranteed Income Supplement (GIS)***

GIS is a federal income supplement program for low-income seniors who are receiving an OAS pension and meet the GIS income requirements.

## ***Old Age Security (OAS)***

A federal pension program for eligible Canadian citizens or permanent residents age 65 and older who have lived in Canada at least 10 years after age 18. Seniors should apply six months prior to their 65th birthday.

## ***The Allowance and the Allowance for the Survivor***

A federal income benefit for low-income seniors who are 60 to 64 and whose spouse is collecting OAS and GIS or whose spouse has died, among other requirements.

### **For any federal service indicated, call:**

#### **Service Canada Centre Surrey South**

Unit 103, 15295 Highway 10

Surrey, BC

Hours: Monday - Friday 8:30am to 4:00pm.

1 (800) 277-9914  
O Canada: 1 (800)622-6232  
TTY: 1(800) 926-9105  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

#### **Service Canada Centre Surrey North**

Unit 100, 13889 – 104<sup>th</sup> Avenue

Surrey, BC

Hours: Monday - Friday 8:30am to 4:00pm.

1 (800) 277-9914  
O Canada: 1 (800)622-6232  
TTY: 1(800) 926-9105  
[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## ***The Benefits Finder***

An online tool that helps find what government benefits you might be eligible for.

<http://Tinyurl.com/b6tmwfk>

## ***Rental Assistance Program***

Provides eligible low-income, working families with cash assistance to help with their monthly rent payments. To qualify, families must have a gross household income of \$35,000 or less and have been employed at some point over the last year.

(604) 433-2218

# Pets

## ***Cats for Seniors***

Are you 60+ and missing the love and companionship of a cat? The Senior Cat Program run by Action for Animals in Distress Society can assist you in fostering a senior cat in your home. The Senior Cat Program will work with you to arrange cat food, cat litter and litter boxes, transportation of pets to appointments, veterinary costs and relocation of the cat if necessary. The program will reclaim the cat when and if the senior is no longer able to care for their pet. Newton, South Surrey and White Rock areas only.

(604) 709-6701  
[www.actionforanimals.net](http://www.actionforanimals.net)

# Pharmacies

## ***Aspen Remedy's RX Pharmacy***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home healthcare products
- Hearing Aid Clinic
- Located next to Aspen Medical Clinic
- Senior's Discount Everyday

102 - 2099 152 Street  
Surrey, BC, V4A 4N7

(604) 560-2720

## ***Bear Creek Villa***

Medi System a Shopper's Drug Mart Company is an established specialty pharmacy that is dedicated to providing exceptional care to our seniors with free Blood Pressure checks, blister packing and weekly medication reviews, weekly counseling and consultations.

8233 140th Street  
Surrey, BC, V3W 5K9

(604) 599-9057  
Email: [info@bearcreekvilla.com](mailto:info@bearcreekvilla.com)  
[www.bearcreekvilla.com](http://www.bearcreekvilla.com)

## ***Fleetwood Pharmacy Remedy's RX***

- Certified Geriatric Pharmacist
- Free Medication Blister Packing
- Free Prescription Delivery
- Home HealthCare and Mobility Aids
- Hearing Aid clinic
- Open 7 days a week
- Conveniently located next to Careplace Medical
- Senior's Discount Everyday

305 - 9014 152 Street  
Surrey, BC, V3R 4E7

(604) 496-3303

## ***Community Outreach Pharmacy***

A pharmacist will visit your home and complete a full medication review, including all prescription and over the counter products. When needed, we bring a physician into your home with the use of our advanced distance based medical equipment. All of our services are free of charge and are delivered to your home. We offer specialty services and can help with daily programs, diabetes management, methadone maintenance, transdermal patch program, anticoagulant/Warfarin therapy, respiratory therapy, and more. We serve the entire Lower Mainland and Fraser Valley. For more information contact Yasmin.

#5-1080 Cliveden Avenue  
Delta, BC

(778) 552-4422

Email: [yasmin@communityoutreachpharmacy.com](mailto:yasmin@communityoutreachpharmacy.com)

## ***Costco Pharmacy***

No membership is required to access the pharmacy at any Costco locations.

## ***Fair PharmaCare Administration***

Register to receive your maximum financial assistance under the Fair PharmaCare plan. The amount you pay for prescriptions depends on your net income. PharmaCare subsidizes eligible prescription drugs and medical supplies. Customer services representatives are available Monday to Friday 8:00am to 8:00pm and Saturday 8:00am to 4:00pm.

You can register for Fair PharmaCare at <https://pharmacare.moh.hnet.bc.ca/>.

PO Box 9655 Stn. Prov. Govt.  
Victoria, BC, V8W 9P2

(604) 683-7151

Toll Free: 1(800) 663-7100

[www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)

## ***Family Care Pharmacy***

Family Care Pharmacy is a locally owned drugstore conveniently located beside Uptown Medical Clinic on Johnston Road. We are known for our personalized service and short wait times, and we offer free delivery service. Our pharmacists are uniquely well-versed in both pharmaceutical and natural health products, and we are always happy to take time out to share our knowledge of chronic disease management with our patients.

1539 Johnston Rd  
White Rock, BC, V4B 3Z6

(604) 536-1300  
Fax: (604) 536-1322

## ***Medical Pharmacy***

Services provided: Blister packing, Dosette filling, Free prescription delivery, Hand-printed larger labels.

Hours: Monday - Thursday 9:00am to 6:00pm, Friday 9:00am to 5:30pm. Closed holidays and weekends.

#102-15451 Russell Avenue  
White Rock, BC, V4B 2R5

(604) 536-8225  
Fax: (604) 536-8405

## ***The Medicine Shoppe Pharmacy***

Provides personalized support and services to individuals who are using their services including: Hosting Health and Wellness Events as well as free prescription delivery. They also have a Daily Witness Program which includes: Free blood pressure checks, Blood glucose monitoring, monitoring daily medication intakes, Blister Packaging, Medication Reviews, and Medication Compounding.

Hours: Monday - Friday 9:30am to 5:30pm, Saturdays 10:00am to 2:00pm, closed Sundays.

Windsor Square  
#122-1959 152<sup>nd</sup> Street  
Surrey, BC, V4A 9E3

(604) 531-4400

## ***The Medicine Shoppe Pharmacy – Fleetwood***

### ***Daily witness program:***

- Free blood pressure checks
- Blood glucose monitoring
- Medication intake monitoring

### ***Other services provided:***

- Medication reviews
- Free blister packaging
- Free prescription delivery
- Personalized diabetes counseling

### **2 locations: Fleetwood Town Square**

#303 – 15988 Fraser Hwy  
(604) 507-0970  
Mon-Fri 9:00am – 6:00pm  
Sat 9:00am – 3:00pm  
Sun 9:00am – 11:00am

### **Hazelwood Medical Building**

#104 – 16088 84 Ave  
(604) 507-0190  
Mon-Fri 9:00am – 6:00pm

## ***Peoples Drug Mart***

Services provided include Blister packing, Free Delivery for prescriptions, Diabetic device teaching, specialized compounding, and medication reviews. Also, every Tuesday is seniors day, 15% off over the counter items.

Hours: Monday to Friday 8:30am to 7:00pm, Saturday 9:00 am to 6:00pm and Sundays 10:00 to 5:00pm

1463 Johnston Road  
White Rock, BC, V4B 3Z4

(604) 531-4636  
Fax: (604) 531-9299

## ***Pharmasave Health Centre – Grandview Corners***

### **Hours:**

Mon-Wed 9:30am-6pm  
Thurs-Fri 9:30am-7pm  
Sat 9:30am-6pm  
Sun 12pm-6pm

### ***Complimentary Services provided***

- Medication reviews
- Blister packaging
- Dosette filling
- Monthly educational sessions
- Larger bold print on labels
- Prescription delivery
- Diabetic device training
- In store blood pressure checks

Unit #10-2448 160<sup>th</sup> Street,  
Surrey, BC, V3S 0C8

(604) 531-2690

# **Physicians - Walk-in Clinics**

## ***Primary Care Access Clinic***

If you do not have a General Practitioner (Doctor) Primary Care Access Clinic will look up local GP's in the South Surrey/White Rock area that are accepting new patients.

In Centennial Park at Centre for Active Living  
#3 -1475 Anderson Street  
White Rock, BC, V4B 0A8

(604) 531-3111

## ***Boundary Park Medical Centre***

Hours of operation Monday-Saturday from 9:00am-3:00pm.

#115-6350 120 Street  
Surrey, BC

(604) 591-6300

## ***Care Place Medical Centre***

Monday & Tuesday 6:00am-9:00pm, Wednesday 8:00am – 9:00pm, Thursday 6:00am-9:00pm, Friday 6:00am-8:00pm, Saturday 6:00am-6:00pm and Sunday 9:00am-5:00pm.

#306-9014 152 Street  
Surrey, BC

(604) 581-3550

## ***CBI Health Centre***

Physiotherapy clinic open from Monday to Friday 7:00 am-6:00pm.

#202–7350 King George Blvd.  
Surrey, BC

(604) 572-6262

## ***Cedar Hills Medical Clinic***

12860 96<sup>th</sup> Avenue  
Surrey, BC, V3V 6A8

(604) 584-3531

## ***Central City Medical Clinic***

1138 Surrey Place  
Surrey, BC, V3T 2W1

(604) 951-0885

## ***Clover Care Medical Clinic Ltd.***

Monday – Friday 8:00am-9:00pm, Saturday 8:00am-5:00pm, Sunday and holidays 9:00- 5:00pm.

#102-17770 56<sup>th</sup> Avenue  
Surrey, BC

(604) 574-7883

## ***Evergreen Medical Centre***

8960 152 Street  
Surrey, BC, V3R 4E4

(604) 588-8181

## ***Fraser Heights Medical Centre***

#106-15966 108 Avenue  
Surrey, BC, V4N 5V6

(604) 582-8820

## ***Hilltop Medical Clinic***

Drop-in medical clinic. Hours: Monday - Friday 8:00am to 6:00pm, Saturday, 9:00am to 3:00pm.

#140-15321 16<sup>th</sup> Avenue  
Surrey, BC, V4A 1R6

(604) 531-5575  
Fax: (604) 535-0126



## ***Keys Medical Clinic /Surrey North Community Health Center***

Provides medical services especially for the vulnerable populations and people with addictions/HIV.

10697 135A Street  
Surrey, BC

(604) 583-5666

## ***King George Medical Clinic***

Office Hours Monday and Wednesday 10:00am – 6:00pm, Tuesday/Thursday, Friday from 9:00am – 5:00pm.

#102-9808 King George Blvd.  
Surrey, BC

(604) 585-9972

## ***Morgan Creek Walk-in Clinic***

Drop-in medical clinic.

Hours: Monday - Thursday 9:00am to 9:00pm, Friday & Saturday 9:00am to 5:00pm.

#106-15252 32th Avenue  
Surrey, BC, V3S 0R7

(604) 542-5990

## ***Nordel Crossing Medical Clinic***

#115-12080 Nordel Way  
Surrey, BC, V3W 1P6

(604) 543-0888

## ***Ocean Park Medical***

Our phone lines are open Monday – Friday (closed on Tuesdays) between 9:00 am-5:00 pm, and closed from 12:30 pm-1:30 pm for the lunch hour. If the receptionist at Ocean Park is unable to answer the phone immediately you can leave a message and we will return your call as soon as possible; or you can call the Hilltop Medical Clinic at 604-531-5575 and they will be happy to assist you.

12894 – 16th Avenue  
Surrey, BC, V4A 1N7

(604) 531-7712  
Fax: (604) 542-2559

## ***Peace Arch Community Medical Clinic***

Drop-in medical clinic.

Hours: 9:00am to 8:00pm Monday to Friday.

9:00am to 5:00pm weekends and holidays.

1545 Johnston Road  
White Rock, BC, V4B 3Z6

(604) 535-8496  
Fax: (604) 535-8497

## ***Peninsula Medical Clinic***

Drop-in medical clinic. Hours: Monday/Tuesday 8:00am – 6:00pm, Wednesday 8:00am- 7:00pm, Thursday/Friday 8:00am to 6:00pm, Saturday- Sunday and holidays 9:00am to 5:00pm.

#109-15388 24<sup>th</sup> Avenue  
Surrey, BC

(604) 531-4131

## ***Semiahmoo Medical Clinic***

Drop-in medical clinic.

#3-1767 152<sup>nd</sup> Street  
Surrey, BC, V4A 4N3

(604) 535-3388

## ***Southern Health Centre***

15157 Roper Avenue  
White Rock, BC

(604) 531-8707

## ***Travel Medicine & Vaccination Centre***

#304-13798 94A Avenue  
Surrey, BC

(604) 583-0039

## ***Trudell Medical***

#5A-9305 194 Street  
Surrey, BC

(604) 882-2929

## ***Uptown Medical Clinic***

Drop-in medical. Hours: Monday/Friday 9:00am to 5:00pm, Tuesday-Thursday 9:00am to 8:00pm, Closed on Saturday, Sunday and holidays.

1545 Johnston Rd.  
White Rock, BC, V4B 3Z6

(604) 560-6161

## ***Village Health Clinic***

#105- 15153 56<sup>th</sup> Avenue  
Surrey, BC

(604) 575-7275

## ***BC Centre for Elder Advocacy and Support (BCCEAS)***

Works to raise awareness, and to prevent and respond to elder abuse and neglect. Provides information, support, advocacy and legal representation for older adults age 55+. Offers free financial literacy and elder abuse prevention workshops, including training, for older adults and community groups

(604) 688-1927  
Fax: (604) 437-1929  
Email: [info@bcceas.ca](mailto:info@bcceas.ca)  
[www.bcceas.ca](http://www.bcceas.ca)

## ***Better Business Bureau of Mainland BC***

To report fraudulent home repairs, door-to-door sales, fraudulent charities, etc. Complaints must be made in writing.

(604) 682-2711  
[www.bbbvan.org](http://www.bbbvan.org)

## ***BC Securities Commission***

To report investment frauds and scams.

Reception: (604) 899-6500  
Inquiries: (604) 899-6854  
Toll Free: 1(800) 373-6393

## ***Canadian Antifraud Busters***

To Report Telemarketing fraud and identity theft.

1 (888) 495-8501  
Email: [info@antifraudcentre.ca](mailto:info@antifraudcentre.ca)

## ***Fraser Health - Adult Abuse and Neglect***

Fraser Health is responsible for responding to situations of abuse and neglect involving adults unable to seek support and assistance on their own due to restraint, physical handicap, illness, disease, injury or any other condition that affects their ability to make decisions. Fraser Health has specially trained staff who respond and investigate reports of possible abuse and neglect of adults. These responders are located in hospitals and community programs throughout Fraser Health.

If you have concerns that a vulnerable adult may be:

- Abused or neglected
- Living at risk due to neglect or self-neglect
- Having trouble knowing with support and assistance on their own, and how to go about it

Toll Free: 1(877) 732-2808  
Home Health Service Line: 1(855) 412-2121  
Email: [react@fraserhealth.ca](mailto:react@fraserhealth.ca)

## ***Public Guardian and Trustee of BC***

The Public Guardian and Trustee (PGT) is a corporation sole established under the Public Guardian and Trustee Act. Its mandate is to:

- Protect the legal and financial interests of children and youth under the age of 19.
- Protect adults who require assistance in decision making through protection of their legal rights, financial interests and personal care interests.
- Administer estates of deceased persons, estates of missing persons, and act as trustee.

The PGT serves approximately 31,000 clients and administers almost \$1 billion dollars of client assets. For more information, visit the PGT website at: [www.trustee.bc.ca](http://www.trustee.bc.ca).

808 W. Hastings Street  
Vancouver, BC, V6C 3L3

(604) 660-4444  
Fax: (604) 660-0374  
Email: [mail@trustee.bc.ca](mailto:mail@trustee.bc.ca)

## ***RCMP District Offices***

Police detachment provides special programs such as Block Watch, Lock Out Auto Crime, Home Security, Senior Safety and Speed Watch.

### **District 1 – Central City/Whalley**

10720 King George Blvd  
Surrey, BC, V3T 2X3

Crime Prevention: (604) 502-6287

### **District 2 – Guildford/Fleetwood**

10395 148th Street  
Surrey, BC, V3R 6S4

Crime Prevention: (604) 502-6509

### **District 3 – Newton**

7235 – 137<sup>th</sup> Street  
Surrey, BC, V3W 1A4

Crime Prevention: (604) 502-6560

### **District 4 – Cloverdale/Port Kells**

5732 – 176A Street  
Surrey, BC, V3S 4H2

Crime Prevention: (604) 502-6265

### **District 5 – South Surrey**

#100–1815 152<sup>nd</sup> Street  
Surrey, BC, V4A 9Y9

Crime Prevention: (604) 599-7862

## ***Revenue Canada Charities Directory***

To check whether or not a charity is registered. Even if registered, you may still want to ask the charity representative what percentage of their funds go to the charity.

1(800) 267-2384

# ***Royal Canadian Mounted Police - Surrey Main Detachment***

RCMP provides policing services for all areas of Surrey including community education programs.

**To report a fraud or scam call (604) 543-4940**

14355 57<sup>th</sup> Avenue  
Surrey, BC, V3X 1A9

(604) 599-0502

## ***Telus Security***

To trace last call received: \*57

To Block Your Number from someone's call display: \*67

## ***Victim Services***

Information, support and follow-up program for victims and witnesses of crime. Services are also available in Punjabi.

### **Victim Services - Surrey**

14355 – 57<sup>th</sup> Avenue  
Surrey, BC, V3X 1A9

(604) 599-7600

Fax: (604) 599-8892

### **Victim Services - White Rock**

15299 Pacific Avenue  
White Rock, BC, V4B 1R1

(778) 593-3608

Fax: (778) 545-3192

## ***VictimLink BC***

VictimLink BC is a help line for victims of elder abuse, sexual violence, family crime and all other crimes. Trained staff connects callers to a network of community, social, health, justice and government resources, including victim services, transition houses and counseling. Free – multilingual – 24/7 – confidential.

Lower Mainland: 2-1-1

Rest of BC: 1(800) 563-0808

Deaf or Hard of Hearing Callers: TTY (604) 875-0885

Email: [help@bc211.ca](mailto:help@bc211.ca)

# Recreation & Fitness

## ***Seniors Come Share Society***

### **Tai Chi for Seniors**

A fun and exciting program for seniors to learn about basic Tai Chi movements. The focus is on healthy fitness for your mind and body. The program runs every Tuesday from 2:00pm-3:00pm September-June.

Sign up is required

(604) 531-9400 ext. 203  
Email: [volunteer@comeshare.ca](mailto:volunteer@comeshare.ca)

### **Seniors Walking Club**

Enjoy a leisure walk, great company and great weather in the outdoors. Come join us for a relaxing walk through the park every Wednesdays from 10:00am-11:00am June-September.

For more information please contact

(604) 531-9400 ext. 203  
Email: [volunteer@comeshare.ca](mailto:volunteer@comeshare.ca)

## ***Cavfitness.com***

A mobile personal trainer servicing White Rock, South Surrey, Cloverdale and parts of Langley. Receive one on one attention with Cavelene, a Specialist in Fitness for Older Adults. She will encourage mobility, flexibility, strength and confidence through exercise techniques that work with the challenges of aging including arthritis, visually impaired etc. If necessary, Cavelene will work in concert with your doctor and other health professionals to ensure you are receiving optimal results. Priced from \$35 per session, receive 25% off your first 10 sessions. FREE in-home consultation.

(604) 868-6438  
Email: [ccav@live.ca](mailto:ccav@live.ca)  
[www.cavfitness.com](http://www.cavfitness.com)

## ***Live Well Exercise Clinic***

Live Well Exercise Clinic is a valuable and unique experience for every individual who participates in our program. Our team of physicians, exercise physiologists, nurses and other healthcare professionals will help you become a healthier you. The LIVE WELL program offers exercise, nutrition, and health education. Our clinic is founded on making small changes that have a great impact on the quality of your daily life. We believe that exercise is medicine and as such our participants can benefit by lowering blood pressure, lowering cholesterol, reducing depression, losing weight, improving blood sugars, reducing stress and anxiety, and improving balance, strength and stamina. We are real people helping real people live fuller, healthier lives. Program cost is paid monthly. (Approx. \$25 per session).

#306-1676 Martin Drive  
White Rock, BC, V4A 6E7

(604) 541-2846  
[www.livewellexerciseclinic.com](http://www.livewellexerciseclinic.com)

# City of Surrey Recreation Centres

## ***Chuck Bailey Recreation Centre***

Nestled in the heart of Whalley- City Centre, this intergenerational facility offers a wide range of programs, events and services for seniors, caregivers, family and friends. Activities include carpet bowling, bridge, painting for pleasure, table tennis, crafts and pottery. Fitness and sports programs include carpet bowling, table tennis and much more. The space offers a gymnasium, multipurpose rooms, snooker/pool room, reading lounge, Café, an outdoor patio area, garden, computer lab, arts and craft room with kiln. A hot lunch is scheduled for the 4<sup>th</sup> Wednesday of each month.

See monthly Whalley-City Centre Seniors Newsletter and City wide Seniors Seasonal Guide for information on programs and activities.

Hours of operation: Monday-Friday 9:00am-9:00pm, Saturday/Sunday 9:00am-5:00pm  
Holiday – Closed

13458 107A Avenue  
Surrey, BC, V3T 0G4

(604) 598-5898

## ***Cloverdale Recreation Centre***

A Surrey Parks, Recreation & Culture multi-generational facility offering a variety of drop-in programs, bus trips, club groups, events and services for adults 55+. Some activities include: Pickleball, Cribbage, Bingo, Guitar, Gardening, Singing, Table Tennis, Quilting, Knitting, Woodcarving, and much more. Lunch is available Monday - Thursday 11:30am-12:45pm with a hot meal served every Wednesday. We also host monthly Bridge and Cribbage tournaments. A Reflexology service is available on Monday's by appointment. A membership required to participate in some activities.

See monthly Cloverdale Seniors Newsletter and City wide Seniors Seasonal Guide for information on programs and activities.

6188 176th Street  
Surrey, BC, V3S 4E7

(604) 598-7960  
[www.surrey.ca/seniors](http://www.surrey.ca/seniors)

## ***Fleetwood Community Centre***

A Surrey Parks, Recreation & Culture multi-generational facility offering drop-in and registered programs for seniors 55+. Activities include fitness, table tennis, social events, dancing, bridge, knitting and crocheting, carpet bowling, bingo, cribbage, music, singing, and more. A Blood pressure clinic is offered on the 1st Thursday of each month, 9:30am - 12:00pm. An annual membership is required to participate in some activities.

See monthly newsletter and City wide Seniors Guide for more detailed information on programs and activities.

15996 – 84<sup>th</sup> Avenue  
Surrey, BC, V4N 0W1

(604) 501-5030

## ***Guildford Recreation Centre***

A Surrey Parks, Recreation & Culture multi-generational facility offering programs for Seniors 55+ include a variety of fitness classes, badminton, pickle ball, carpet bowling, cards, games, art, music, karaoke, knitting, special events, bus trips, recreational and educational programs. Annual membership required to participate in some activities. Centre hours: Monday-Friday 6:00am to 10:00pm, Saturday and Sunday 8:00am-8:00pm. Senior's Lounge: Monday-Friday 9:00am-3:00pm.

See monthly newsletter and City wide Seniors Guide for more detailed information on programs and activities.

15105 105<sup>th</sup> Avenue  
Surrey, BC, V3R 7G8

(604) 502-6362

## ***Newton Seniors Centre***

A Surrey Parks, Recreation and Culture facility offering services, bus trips, special events, recreational and educational programs for seniors 55+. Nutritional lunches are served Monday-Friday 11:30am to 1:00pm. Centre hours: Monday-Friday 9:00am to 4:00pm, Saturday 12:00pm to 4:00pm.

See monthly newsletter and City wide Seniors Guide for more detailed information on programs and activities.

13775 70th Avenue  
Surrey, BC, V3W 0E1

(604) 501-5010

## ***South Surrey Recreation and Arts Centre***

A Surrey Parks, Recreation & Culture multi-generational facility offering programs for seniors 55+ include a wide variety of fitness classes, badminton, pickle ball, table tennis, duplicate bridge, various special events and bus trips. A new 8000 sq. ft. fitness centre offering 55+ fitness options plus Connections Café, an Intergenerational social enterprise, serving delicious and nutritional food.

See monthly newsletter and City wide Seniors Guide for more detailed information on programs and activities.

14601 20th Avenue  
Surrey, BC, V4A 9P5

(604) 592-6970  
Fax: (604) 592-697

## **Other Recreation Centres**

### ***Alexandra Neighbourhood House***

Two walking groups meet weekly to stroll beautiful Crescent Beach. The first meets Monday, Wednesday, and Friday at 10:00am at the main office. The second, Crescent Beach Walkers walk the beach every Wednesday morning, then stop in at the lounge for coffee and conversation from 9:30am to 11:00am (Sept-June).

2916 McBride Avenue  
Crescent Beach, BC, V4A 3G2  
112

(604) 535-0015  
Email: [Info@alexhouse.net](mailto:Info@alexhouse.net)



## ***Get up and Go Program***

The Get Up & Go! Program is a collaboration between the Fraser Health Falls and Injury Prevention and Osteofit (BC Women's Hospital & Health Centre's Osteoporosis Program). It provides an entry level exercise program for seniors with balance and mobility impairment who would otherwise be unable to attend a community based exercise class. It is a safe exercise program specially designed to improve strength, balance and coordination as well as functional ability independence and quality of life. Subsidy for this program may be available through a referral from the Fraser Health Fall and Injury Prevention Program.

Locations vary throughout the lower mainland. If you have any questions, please call Fraser Health Fall and Injury Prevention at **(604) 587-7866** or email us at [fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)

(604) 587-7866

Email: [fallsprevention@fraserhealth.ca](mailto:fallsprevention@fraserhealth.ca)

## ***Kennedy Seniors Recreation Centre***

Recreational Centre designed for retired and/or semi-retired seniors 50+.

Hours: Monday, Wednesday, Thursday – 9:00am to 10:00pm. Tuesday, Friday, Saturday – 9:00am to 4:00pm

Hours may vary during summer months. Monthly Bulletin. Annual Membership Fee: \$20.00

11760 88<sup>th</sup> Avenue  
Delta, BC, V4C 3C5

(604) 594-2717

## ***Kent Street Activity Centre***

A White Rock Leisure Services facility. Mainly recreational, social and educational programs for seniors 55+ including special events. Also available are legal advisors, Senior Service Connectors information and referral services, and hearing tests. Coffee shop is open Monday - Friday. Special seniors' lunch program on the first three Fridays of each month - call Seniors Come Share Society (604-531-9400) to reserve tickets for \$7.00.

Hours: Monday - Friday 8:30am - 4:30pm, Saturday 9:00am - 1:00pm.

Hours and programs may vary in the summer.

1475 Kent Street  
White Rock, BC, V4B 5A2

(604) 541-2231

## ***Langley Senior Resource & Recreation Centre***

Membership: \$52.50 per calendar Year. Recreation programs, Fitness group, Special Events and dinners, Day trips and support groups.

Seniors Outreach Programs & Better at Home Program: Outreach programs include information and referrals, transportation and housekeeping assistance, Telephone reassurance line, Shopping assistance and Housing Counsellors.

20605 51B Avenue  
Langley, BC, V3A 9H1

(604) 530-3020

Call extension #302 or #306

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## **White Rock Community Centre**

Facility includes lobby, presentation room, studio, gallery and arts room. See White Rock Leisure Guide for information about programs and activities offered at the Centre.

Hours: Monday – Thursday 8:30am – 6:00pm, Friday 8:30am – 4:30pm, Saturday 9:00am – 1:00pm.

15154 Russell Avenue  
White Rock, BC, V4B 0A6

(604) 541-2199

## **Relocation / Organization / Transitional**

### ***Better at Home Programs***

Better at Home is a program that helps seniors live in their own homes by providing simple nonmedical support services delivered by local non-profit organizations using a mix of paid workers and volunteers. Better at Home is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. The services provided by the Better at Home Program include:

- Friendly visiting
- Housekeeping
- Grocery shopping
- Snow shoveling
- Transportation
- Minor home repairs
- Light yard work

**IMPORTANT NOTE:** The services identified above vary between locations and some may not be offered in your community. Please contact your local Better at Home Program to find out if the service is offered near you.

**COST:** Some services identified are offered for free. While other services such as light housekeeping and transportation are based on a sliding scale. Subsidies are available and based on your current income tax.

#### **Better at Home South Surrey / White Rock**

Seniors Come Share Society

(604) 531-9400 ext. 204

Email: [Info-Referral@comeshare.ca](mailto:Info-Referral@comeshare.ca)

#### **Better at Home Newton**

DiverseCity

(604) 507-2266

Email: [betterathomenewton@dcrs.ca](mailto:betterathomenewton@dcrs.ca)

#### **Better at Home Whalley**

PICS  
Success

(604) 596-7722 (ext. 130)

(604) 588-6869 (ext. 121)

## ***Act Together Moving Services***

Our clients appreciate the skillful, compassionate assistance we bring to their move. We provide a complimentary, guaranteed quote for a full range of services including:

- Sorting and downsizing
- Packing and unpacking household items
- Furniture and collectibles sales
- Emergency moves
- Estate assistance

We help our clients to sell, donate or recycle their things so they fit comfortably in their new home. We act together with family members, trusted movers, realtors and trades people to ensure a caring and professional transition.

Our role is to reduce the stress of moving and downsizing for our clients and their families. Act Together Moving Services is a locally owned, bonded and insured family business. Please give us a call to schedule your initial free consultation.

Patrick Fagan (604) 655-3909  
Email: [patrick@acttogethermoving.com](mailto:patrick@acttogethermoving.com)  
[www.acttogethermoving.com](http://www.acttogethermoving.com)

## ***Compass Seniors' Services***

Compass Seniors' Services your go to company to alleviate all your stresses of downsizing from one home to your new home or estate settlement. With a reputation for above and beyond top quality service and customer satisfaction "our client's best interest is our only interest...always".

Downsizing, settling an estate you're facing a monumental task that goes beyond just selling your real estate & packing boxes. Relax we can handle everything from sorting, purging, packing, floor planning, transferring of utilities & services and resettlement. Everything just as it should be! Our Certified Relocation & Transition Specialist and Certified Professional Consultant's on Aging provide a single point of contact for our senior clients their families and caregivers.

The focus is to make your transition seamless, we manage EVERYTHING from packing to unpacking. Compass Seniors' Services Inc. has an extensive menu of services & we always welcome the opportunity to create services to meet your unique needs.

(604) 531-8772  
Email: [compass-seniors@shaw.ca](mailto:compass-seniors@shaw.ca)  
[www.compass-seniors.ca](http://www.compass-seniors.ca)

## ***Everything Organized***

Everything Organized is Canada's largest and most comprehensive professional organizing service. We provide a wide range of services such as family and senior downsizing, hoarding assistance, whole home organizing, online estate liquidation auctions and real estate ready services. We are experts that offer "Custom Senior Care Packages" for those clients who want it all done with one call. Our experienced staff are insured and bondable for your security.

Referred by retirement communities, health authorities, trust companies, legal firms, funeral homes and realtors throughout Canada. Members of the Professional Organizers in Canada (POC), the Institute for Challenging Disorganization (ICD) and South Surrey/White Rock Chamber of Commerce.

Offering a free consultation within city limits.

(604) 314-3604

1(877) 578-7601

Email: [kathleen.boland@everythingorganized.net](mailto:kathleen.boland@everythingorganized.net)  
[www.everythingorganized.net](http://www.everythingorganized.net)

## ***Serenity Senior Services***

Serenity Senior Services provides non-medical services for seniors and senior caregivers. Our mission is to help allow seniors maintain their independence and enrich their daily lives by lending a hand, providing a caring companion, and by brightening his or her day.

Services include: Companionship, errand service, housekeeping, organizing, gardening, retirement residence consulting, support groups, and companionship plus program (floral arranging, crafts, manicures, baking, painting, and more)

We all lead busy lives and have things to do. You can't always do everything. So whether you are a senior or a senior caregiver, let us lend a hand, because you deserve a little Serenity.

(604) 764-6478

[www.Serenity-SeniorServices.com](http://www.Serenity-SeniorServices.com)

# Support Groups

## ***Seniors Come Share Society - Caregiver Outreach & Education***

**Support for those caring for family members and friends**

Caregiving can be an incredibly rewarding experience, but it is also common for caregivers to experience increased stress, health problems, and financial consequences. Without support, caregivers can 'burnout' and become unable to continue providing care. For the sake of your own health, and that of the person you are caring for, it is beneficial to find out how to take care of yourself to ensure you get the support you need.

### ***Supports we offer:***

- Direct Support for Individuals and Families
- Caregiver Workshops
- Outreach to Various Groups & Organizations within the Community
- Referrals and Information about Community & Health Care Service
- Educational Sessions
- Support Groups

(604) 531-9400 ext. 202

Email: [Caregivers@comeshare.ca](mailto:Caregivers@comeshare.ca)

## ***Al Anon***

Support group for families of alcoholics. Call the main number for the meeting places of local chapters. Hours: Monday - Friday 10:00am to 3:30pm.

#101-3680 Hastings Street East  
Vancouver, BC, V5K 2A9

(604) 688-1716

## ***Alcoholics Anonymous***

AA Hours: Business Office: Monday - Friday 8:00am to 6:30pm, Saturday 9:30am to 5:00pm, Sunday 9:30am to 1:30pm. Telephone Lines: 8:00am to 2:00am.

Call for information about group meeting times and locations in the lower mainland.

3457 Kingsway  
Vancouver, BC, V5R 5L5

(604) 434-3933  
[www.vancouveraa.ca](http://www.vancouveraa.ca)

## ***Alcohol & Drug Information Line***

This line provides information and referral to education, prevention and treatment services and regulatory agencies. Free – multilingual – 24/7 – confidential.

Lower Mainland: 2-1-1  
Rest of BC: 1(800) 663-1441  
Deaf or Hard of Hearing Callers: TTY (604) 875-0885  
Email: [help@bc211.ca](mailto:help@bc211.ca)

## ***Alzheimer Society of BC Resource Centre - Langley***

Resource Centre for Langley and surrounding areas. Call for information on education about Dementia, support programs, special events and general information about all types of Dementia. Volunteer opportunities also available. For information about the Medic Alert, Safely Home program please call: 1-855-581-3794 (toll-free)

#200-20644 Eastleigh Crescent  
Langley, BC, V3A 4C4

(604) 533-5277  
Fax: (604) 533-1421  
Email: [rpuszka@alzheimerbc.org](mailto:rpuszka@alzheimerbc.org)  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

## ***Alzheimer Society of BC Resource Centre - White Rock, Surrey, North Delta***

Provides one-to-one support, education classes, support groups and information about Alzheimer's disease, mild cognitive impairment, and other dementias including vascular dementia and Lewy Body. Education classes cover 'How to communicate more effectively' and 'How to cope with challenging behaviors resulting from dementia' and 'How to Access local resources' and "Self Care". Other workshops and print information are available. Call for information or to make an appointment.

#4-1475 Anderson Street (Next to Centennial Arena)  
White Rock, BC, V4B 0A8

(604) 541-0606  
Fax: (604) 541-0680  
Email: [atournier@alzheimerbc.org](mailto:atournier@alzheimerbc.org)  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

## ***Ama Transition House***

Providing transitional housing for senior women fleeing abuse, or over the phone support, and advocacy to women over 55 years of age experiencing the impact of a past or present violent/abusive relationship. 24 hours a day 7 days a week

Crisis calls can be directed to: Durrant Crisis at (604) 531-4430 - 24 hours a day, 7 days a week.

#1-2970 King George Blvd.  
White Rock, BC, V4P 0E6

(604) 542-5992  
Fax: (604) 542-5993  
Email: [amasupport@atira.bc.ca](mailto:amasupport@atira.bc.ca)

## ***BC Bereavement Helpline***

Helpline for those who need support because they have suffered a loss through death. Provides referral to bereavement support services in the caller's local community throughout the province and compassionate listening.

Hours: Monday - Friday 9:00am to 5:00pm or leave a message.

Other languages- Cantonese, Mandarin. Multilingual information available online.

PO Box 53530  
984 West Broadway  
Vancouver, BC, V5Z 1K7

(604) 738-9950  
Toll Free: 1 (877) 779-2223  
Fax: (604) 265-4795  
[www.bcbh.ca](http://www.bcbh.ca)

## ***Caregivers Network of Surrey/Delta***

Offers emotional and social support to family caregivers who provide care to a loved one with a chronic or long-term illness, disability or frailty. Services include one-on-one support, day and evening support groups, and linking to needed resources.

**Support Groups** meet as follows:

- **Newton Seniors Come Share Society:** last Monday of the month 7:00 to 9:00pm
- **Northcrest Care Facility:** third Wednesday of the month 10:00am to 12:00noon
- **Kennedy Senior Recreation Center:** third Wednesday of the month 6:30 to 8:30pm
- **Fleetwood Villa:** last Thursday of the month 16028 - 83<sup>rd</sup> Avenue, 10:00am to 12:00noon

109-14998 101A Ave  
Surrey, BC, V3R 0T1

Voicemail: (604) 686-3793

## ***Chronic Pain & Disease Programs – University of Victoria***

The Self-Management Programs are a peer-led patient education program offered in communities throughout British Columbia. Participants are adults experiencing chronic health conditions, their family members, friends and caregivers. The program provides information and teaches practical skills on managing chronic health problems.

(604) 940-1273  
Toll Free: 1-866-902-3767  
Email: [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

## ***CNIB - Canadian National Institute for the Blind***

Any Canadian who has experienced a loss of vision, in any community nationwide, can come to CNIB for rehabilitation support – whether you're an adult or senior; a child or teen; whether you've been completely blind all your life or have recently experienced a partial loss of vision.

Toll Free: 1(800) 563-2642  
Email: [info@cnib.ca](mailto:info@cnib.ca)  
[www.cnib.ca](http://www.cnib.ca)

## ***Fibromyalgia Well Spring Foundation***

Fibromyalgia Well Spring Foundation's Office and Thrift Shoppe is located at #109-20631 Fraser Hwy. Langley, and is open Monday through Friday, 10am to 4pm, and Saturdays 10am to 3pm. Fibromyalgia Support Group Meetings:

LANGLEY: first Wednesday of each month from 12:30pm – 2:00pm at the Murrayville Library, Community Room, 22071 - 48th Ave. Langley.

SURREY: second Thursday of each month from 3:00PM – 5:00pm at ABC Restaurant, 15373 Fraser Hwy.

(778) 278-3697

Email: [info@fibromyalgiawellspringfoundation.org](mailto:info@fibromyalgiawellspringfoundation.org)  
[www.fibromyalgiawellspringfoundation.org](http://www.fibromyalgiawellspringfoundation.org)

## ***Jewish Seniors Alliance of Greater Vancouver - Peer Support***

Peer Support Services was created to help address the growing needs of the Jewish older adult population, age 55 and over. Four areas of service were identified: 1) Peer Counselling, 2) Friendly Visiting, 3) Shalom Again phone calls, & 4) Information and referral. We offer these services at no cost through our trained volunteers and are inclusive to all older adults in need of our help.

Contact: Charles Leibovitch or Grace Hann  
(604) 267-1555

949 West 49th Ave  
Vancouver, BC, V5Z 2T1

Email: [charles@jsalliance.org](mailto:charles@jsalliance.org)  
[www.jsalliance.org](http://www.jsalliance.org)

## ***Langley Arthritis Support Group***

Meets on the third Monday of each month from 1:00pm-3:00pm.

Fraser Arthritis Centre  
#101-5501 204th Street  
Langley, BC

Contact Grace Unger: (604) 464-1545

## ***Langley Better Breathers Club***

A program of the BC Lung Association providing support and education. Meets the second Wednesday of each month from 1:30 – 3:15pm at Timms Community Centre, 20355 Douglas Crescent. Contact the BC Lung Association to register. Monday – Friday: 8:30am-4:30pm.

BC Lung Association:  
2675 Oak Street  
Vancouver, BC, V6H 2K2

(604) 731-5864  
Toll Free: 1(800) 665-5864



## ***Mood Disorders Association of BC***

A non-profit association whose mission is to provide support and education to people with mood disorders, their families and their friends, as we build an understanding community. Find us at [www.mdabc.net](http://www.mdabc.net), on FB and Twitter.

Hours: Mondays - Thursdays 9:00am to 5:00pm, Fridays 9:00am to 4:00pm.

#1450- 605 Robson Street  
Vancouver, BC, V6B 5J3

(604) 873-0103  
Fax: (604) 873-3095  
Email: [info@mdabc.net](mailto:info@mdabc.net)  
[www.mdabc.net](http://www.mdabc.net)

## ***Multiple Sclerosis Self-Help Group***

A Multiple Sclerosis self-help group meets the first Friday of every month over lunch except July and August. Time 11:00 - 1:00 at Saint John's Presbyterian Church: 1480 George St., White Rock.

Saint John's Presbyterian Church  
1480 George St., White Rock, BC

## ***Multiple Sclerosis Society of Canada***

Provides information regarding self-help groups, counseling and education for those with MS and their families. Hours: Monday - Friday 8:30am to 4:30pm.

#1103- 4720 Kingsway  
Burnaby, BC, V5H 4N2

(604) 689-3144  
Toll Free: 1(800) 268-7582  
Fax: (604) 689-0377  
Email: [info.bc@mssociety.ca](mailto:info.bc@mssociety.ca)  
[www.mssociety.ca](http://www.mssociety.ca)

## ***Overeaters Anonymous***

Is food a problem for you? Is your weight affecting your life? Contact Overeaters Anonymous. No fees, no dues, no weigh-ins, no diets. We are a fellowship. For information on local meetings in White Rock 5-6 p.m. on Tuesdays, call Tom (604) 369-2054.

(604) 878-4575

## ***Parkinson Society British Columbia***

For information about Parkinson's disease and local support groups please call the main office and ask for Courtney Hanna. Hours: Monday - Friday 8:30am to 4:30pm.

600, 890 West Pender Street  
Vancouver, BC, V6C 1J9

(604) 662-3240  
Toll Free: 1(800) 668-3330  
Fax: (604) 687-1327  
[www.parkinson.bc.ca](http://www.parkinson.bc.ca)

## **QMUNITY Generations**

Many LGBTQ older adults experience invisibility within senior serving agencies and care facilities as well as within LGBTQ communities. Barriers to accessing inclusive, culturally appropriate and sensitive services and resources impact the health and wellness of older and aging LGBTQ people. QMUNITY Generations support LGBTQ seniors and works collaboratively with senior service providers to create inclusive and welcoming communities for LGBTQ seniors.

Services Include:

- Information and referral services for seniors and caregivers
- LGBTQ Competency Training for senior service providers
- Trans\* Competency Training for senior service providers
- Women's social support groups
- Men's social support groups
- Trans\* social support groups
- Monthly movie and documentary nights
- Monthly community kitchen
- Free weekly yoga
- Monthly games, arts and recreation programs
- Special Events and workshops

For more information on QMUNITY Generations please visit [www.qmunity.ca](http://www.qmunity.ca) or contact Bonnie O'Sullivan at [generations@qmunity.ca](mailto:generations@qmunity.ca) or (604) 684-8449

(604) 684-8449  
Email: [generations@qmunity.ca](mailto:generations@qmunity.ca)  
[www.qmunity.ca](http://www.qmunity.ca)

## **Sources**

Offering individual addiction counseling, support groups, education and referrals.

882 Maple Street  
White Rock, BC, V4B 4M2

(604) 538-2522  
Fax: (604) 538-9473  
Email: [addictions@sourcesbc.ca](mailto:addictions@sourcesbc.ca)  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

## **Stroke Recovery Club**

Meetings occur on Tuesdays and Thursdays 9:30am to 12:30pm.

1475 Anderson Street  
White Rock, BC, V4B 0A8

(604) 536-4673  
Email: [wrstroke@shaw.ca](mailto:wrstroke@shaw.ca)

## ***Surrey Hospice Society***

Provides training for volunteers who wish to offer support to persons with terminal illnesses and their families. Have children, teen and adult grief programs and one-on-one support, walking groups. Hours: Monday - Friday 9:00am to 4:00pm.

#1-15243 91 Avenue  
Surrey, BC, V3R 8P8

(604) 584-7006  
Fax: (604) 584-7009  
[www.surreyhospice.com](http://www.surreyhospice.com)

## ***Surrey Women's Centre***

Don't feel safe at home? Threatened, harassed, or sexually assaulted? Support line open 24/7 to help women and children affected by abuse. 10075 Whalley Blvd, Surrey open 9:30 – 5:00 Monday to Friday.

(604) 583-1295

## ***Valley View Funeral Home & Cemetery***

Provide suicide and homicide support groups. An 8 week group which includes a maximum of 8 people. One on one support is also available. No cost.

14644 72 Avenue  
Surrey, BC, V3S 2E7

(604) 596-8866

## ***Victory Memorial Park Funeral Centre***

### **Widow Support Group at Victory**

Please join us for an evening of socializing, sharing and talking about your loved one.

In this self-help group we hope you will find the strength of new friendships and insights into helping you cope with the new journey you now face.

Who: Widow's of any age

Where: Victory Memorial Park Tearoom

When: The 2nd Wednesday of each month from 6 - 9 pm

Victory Memorial Park Funeral Centre  
14831 28 Ave  
Surrey, BC, V4P 1P3

(604) 536-6522  
Fax: (604) 531-7298  
[www.victoryfuneralcentre.ca](http://www.victoryfuneralcentre.ca)

## ***White Rock & South Surrey Macular Degeneration Support Group***

Support group for those diagnosed with macular degeneration. Meets fourth Thursday of each month, 1:00 to 3:00pm.

15241 18<sup>th</sup> Avenue  
Surrey, BC, V4A 1W9

(604) 535-3200

# Taxes

## ***Seniors Come Share Society - Community Volunteer Income Tax Program (CVITP)***

Free tax clinics are offered through Seniors Come Share Society at various locations in South Surrey and White Rock. For low income seniors only.  
Contact Seniors Come Share Society.

(604) 531-9400 ext. 203  
[volunteer@comeshare.ca](mailto:volunteer@comeshare.ca)

## ***Canada Revenue Agency***

- **Tax Information Phone Service (TIPS)** 1 (800) 267-6999
- **Individual Income Tax Enquiries** 1 (800) 959-8281
- **Tax Enquiries** (604) 591-4181

## ***Sources***

Sources Income Tax Service offers free tax return preparation year-round to individuals with limited incomes that meet our criteria. See website or phone for more information.  
Hours: Monday - Friday, 8:30am to noon, 1:00pm to 4:30pm.

882 Maple Street  
White Rock, BC, V4B 4M2

Seniors Info and Referral: (604) 542-4357  
Fax: (604) 531-2316  
[www.sourcesbc.ca](http://www.sourcesbc.ca)

## ***Sources- Newton Resource Centre (Tax Clinic)***

Year round tax clinics. Will accept anyone from, anywhere as long as you qualify as low income.  
Tax information is dropped off and done by volunteers. Every Wednesday from 1:00pm to 4:00pm.  
Walk-ins are welcome. Taxes and advocacy services are done by appointment only.

#102-13771 72A Avenue  
Surrey, BC

(604) 596-2311

# Transportation

## ***Better at Home Programs***

Better at Home is a program that helps seniors live in their own homes by providing simple nonmedical support services delivered by local non-profit organizations using a mix of paid workers and volunteers. Better at Home is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. The services provided by the Better at Home Program include:

- Friendly visiting
- Housekeeping
- Grocery shopping
- Snow shoveling
- Transportation
- Minor home repairs
- Light yard work

**IMPORTANT NOTE:** The services identified above vary between locations and some may not be offered in your community. Please contact your local Better at Home Program to find out if the service is offered near you.

**COST:** Some services identified are offered for free. While other services such as light housekeeping and transportation are based on a sliding scale. Subsidies are available and based on your current income tax.

### **Better at Home South Surrey / White Rock**

Seniors Come Share Society

(604) 531-9400 ext. 204

Email: [Info-Referral@comeshare.ca](mailto:Info-Referral@comeshare.ca)

### **Better at Home Newton**

DiverseCity

(604) 507-2266

Email: [betterathomenewton@dcrs.ca](mailto:betterathomenewton@dcrs.ca)

### **Better at Home Whalley**

PICS

Success

(604) 596-7722 (ext. 130)

(604) 588-6869 (ext. 121)

## ***Care Hands***

Care Hands is dedicated to provide better home health care to seniors and differently able. We provide each and every kind of Services that Seniors need. Some of our services are, Home Care, Home Health Care, Companionship, Meal Preparation, Housekeeping, Senior Transportation, Shopping and Errands, Janitorial Services, Moving Assistance, Assisted Living, Pharmacy Services, Insulin & Drugs pickup and delivery, Elder Care Massage, In home Physiotherapy and any other services which Seniors wanted to get. All our Staff are trained, qualified and we do their background and references Checks. We are licensed, insured and bonded. We also provide service to VA, WorksafeBC and ICBC Clients. Call us for a Free In Home Assessment and we will design and specialized Care Plan for you: - Call Alfi- 6047231516. Do not hesitate to ask us for ANY SENIOR SERVICES. Serving entire lower mainland for last 4 years.

Unit # 200 - 8572 Fraser Street  
Vancouver, BC, V5X 3Y3

(604) 723-1516 or (604) 568-6393

Email: [support@carehands.ca](mailto:support@carehands.ca)  
[www.carehands.ca](http://www.carehands.ca)

## ***FirstLight HomeCare***

Canadian owned and operated home care services providing a new way of helping people achieve the quality of life they deserve. Our programs support various needs of our community from transportation to personal hygiene, grocery shopping to companionship, dementia care to respite services, readmission rescue to dementia care. Through our extensive network of over 110 offices across North America, we are helping **1200 families** daily. **Let our family help yours!**

(604) 777-7189  
Toll free: 1(855) 955-4448

## ***Bus Pass Program***

The BC Bus Pass Program offers a reduced cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia. Passes are valid in communities serviced by BC Transit or TransLink. The pass is only valid for the eligible rider and is non-transferable. Handy Dart is not included in this program. To be eligible for the BC Bus Pass Program, the applicant must be living in a transit service area where the annual pass is available and meet one of the following criteria:

- Receiving Federal Guaranteed Income Supplement (GIS), or the Federal Allowance, or the Allowance for the Survivor.
- 18 – 64 years of age and receiving Persons with Disability (PWD) assistance from the Ministry of Social Development and Social Innovation;
- 60 – 64 years of age and receiving Income Assistance from the Province of British Columbia
- Over 65 years of age and would qualify for GIS but does not meet the Canadian 10 year residency requirement
- 18-64 years of age, living on a First Nations reserve and receiving disability assistance from the band office;
- or 60 – 64 years of age, living on a First Nations reserve and receiving assistance from the band office.

PO Box 9985  
Stn. Prov. Govt.  
Victoria, BC, V8W 9R6

Toll Free: 1(866) 866-0800

## ***BC Ferries***

Check schedules, reserve and plan trips, and find fare information on BC Ferries. Open Monday – Friday 7:00am – 8:00pm and weekends from 8:00am – 6:00pm.

1(888) 223-3779  
[www.bcferrries.com](http://www.bcferrries.com)

## ***Cancer Society Volunteer Driving Program***

Transportation provided for diagnosed patients to and from recognized cancer related treatment programs and services. Passengers must be able to enter/exit vehicles and share rides. Request a minimum of 2 business days in advance.

Hours: Monday – Friday 8:00am – 5:00pm.

Fraser Valley Office  
#205-369 Terminal Avenue  
Vancouver, BC, V6A 4C4

(604) 215-5462

## ***HandyDART Services***

A program of TransLink, HandyDART is a special door-to-door transit service for persons with disabilities who are unable to use the regular transit system. Clients need to apply and be registered for this program before they can use the HandyDART service. Referrals are made by doctors and other health professionals. Call or visit website for application form.

To apply contact: (778) 452-2860

To make or cancel booking: (604) 575-6600

To make a Group Booking Fax: (604) 575-6266

[www.translink.bc.ca](http://www.translink.bc.ca)

## ***Sources - Volunteer Wheels***

The ability to get to essential medical and dental appointments is often challenging for many people. Our volunteer drivers provide assistance to residents of White Rock and South Surrey who are unable to use public transportation and have no other means of reaching essential medical and dental appointments in the Metro Vancouver area. Volunteer drivers pick up and return their clients to their residences.

882 Maple Street  
White Rock, BC, V4B 4M2

Seniors Info and Referral (604) 542-4357

Fax: (604) 531-6740

[www.sourcesbc.ca](http://www.sourcesbc.ca)

## ***Sources - Concierge***

Sources Concierge is a community enterprise designed to provide a variety of quality services including house cleaning and organizing, errand services and seniors support services such as companion visits, transportation to and from medical appointments and meal preparation. Sources Concierge is a division of Sources Women's Place. Contact us for a free consultation. VAC Health Identification Cards Accepted.

15318 20<sup>th</sup> Avenue  
Surrey, BC, V4A 2A2

(604) 541-4823

Email: [concierge@sourcesbc.ca](mailto:concierge@sourcesbc.ca)

[www.sourcesbc.ca](http://www.sourcesbc.ca)

## ***SPARC BC***

SPARC BC is a nonprofit organization that offers a parking permit program for people with disabilities. Form must be signed by client's physician. Decal processing fee is \$20.00 by cheque, debit or credit card and is subject to change. Hours: Monday - Friday 9:00am 4:30pm.

4445 Norfolk Street  
Burnaby, BC

Parking Permit: (604) 718-7744  
Front Desk: (604) 718-7741  
Toll Free: 1(888) 718-7794  
Fax: (604) 736-8697  
Email: [permits@sparc.bc.ca](mailto:permits@sparc.bc.ca)  
[www.sparc.bc.ca](http://www.sparc.bc.ca)

## ***Hospital Transfers***

Non-emergency patient transfers between hospitals, homes, care homes or other special needs.

1(800) 768-0044

## ***Taxi-Saver/ Handy-Card***

If you're a resident with special needs, you may be eligible for a **HandyCard**: you must have a permanent physical or cognitive disability that prevents you from using the public transit system without assistance. Also, you must reside within the TransLink service region.

**Taxi Saver** is a service for people with permanent disabilities who have a HandyCard. You will need a HandyCard before you can buy and use the non-transferable Taxi Saver coupons to pay for taxi rides. Coupons are sold in books containing \$1, \$2 and \$5 by Access Transit office. To purchase, send a cheque to the Coast Mountain Bus Company. No longer able to be purchased in person. As of February 2009, Taxi Saver coupon books are will only be available by mail.

Coast Mountain Bus Company  
#700–287 Nelson's Court  
New Westminster, BC, V3L 0E7

Application: (778) 452-2860

## ***TransLink***

Bus, SkyTrain and SeaBus schedule information. Open 7 days a week from 6:30am - 11:30pm. Seniors' Fare Discount: Available to passengers 65 and over; present Gold Care Card at purchase.

(604) 953-3333

**HandyDART**: Custom transit for persons with disabilities unable to use conventional transit without an attendant.

(604) 575-6600  
[www.translink.bc.ca](http://www.translink.bc.ca)



## ***Veteran Parking***

Vehicles bearing a “veteran” license plate are granted complimentary parking on a year round basis at all City of Surrey on-street parking meters.

[www.surrey.ca/city-government/6593.aspx](http://www.surrey.ca/city-government/6593.aspx)

# **Veterans Services**

## ***Veteran Affairs***

General information line regarding programs and benefits for veterans of the Canadian Forces.  
Hours: Monday - Friday 8:30am to 4:30pm.

### **Regional Office**

#900-605 Robson Street  
PO Box 5600  
Vancouver, BC, V6B 5J3

(English) 1 (866) 522-2122

(French) 1 (866) 522-2022

Email: [information@vac-acc.gc.ca](mailto:information@vac-acc.gc.ca)

[www.vac-acc.gc.ca](http://www.vac-acc.gc.ca)

# **Visually Impaired Services**

## ***Canadian Council of the Blind***

Provides information and referral, individual and group peer support, advocacy, and a newsletter for individuals with blindness or severe vision impairment. Local chapters offer recreational activities, and community education and involvement.

#818-602 Hastings Street  
Vancouver, BC, V6B 1P2

Toll Free: 1 (800) 874-4666

Fax: (604) 669-2214

[www.ccbnational.net](http://www.ccbnational.net)

## ***CNIB - Canadian National Institute for the Blind***

CNIB provides educational and counseling services to blind, visually impaired and deaf-blind persons. Office hours: 8:30am to 4:30pm.

200-5055 Joyce Street  
Vancouver, BC, V5R 6B2

(604) 431-2121

Fax : (604) 431-2099

[www.cnib.ca](http://www.cnib.ca)

# Directory Inclusion

If your agency, business, or support group would like to be included in future editions of the Seniors Come Share Society Resource Directory, please feel free to contact:

Seniors Come Share Society  
15008 - 26<sup>th</sup> Ave, Surrey, B.C.  
V4P 3H5  
Phone: 604-531-9400  
Fax: 604-531-9498

Please include the name and contact information for your organization as well as a brief description of your services offered. We will then contact you for further process.

Updating of the Seniors Resource Directory for the following year begins in July. We ask that if you are interested in listing your organization that you contact our organization at this time. We update, edit, and finalize the following years' edition by October.

Thank you,

Seniors Come Share Society

# Donation Form

Seniors Come Share Society  
15008 26th Ave Surrey BC V4P 3H5  
Membership/Donation Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

## Donations

Please remember that the Society's ability to enrich the programs comes in part from your donations, so please be generous. All donations are tax deductible and receipts will be issued from our office. Please indicate which amount you would like to donate. The fee to become a member of the Society is \$20.

I would like to make a donation

I would like to become a member

\$ \_\_\_\_\_ (Amount of your choice)

A tax receipt will be issued for all donations \$10 or more.

**Thank you for helping us help others!**





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**911  
EMERGENCY  
RESPONSE**

**I.C.E.**  
**(In Case of Emergency)**  
**Information Sheet**

**811  
NURSE  
HELP LINE**

Post this in a readily accessible place in the home. Ensure all concerned parties know where to find it. Thank you!

Full Name: \_\_\_\_\_  
(it is advisable to attach recent facial photo to back of form)

Address: \_\_\_\_\_

Ph #: \_\_\_\_\_ Gate/Buzzer Code: \_\_\_\_\_

Care Card # \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

**Allergies, Medications, Pertinent Medical Information**  
**please list on reverse and please keep up to date**

Physician's Name: \_\_\_\_\_ Ph #: \_\_\_\_\_

It is advisable to call 911 in any situation where it is perceived a person's health or mortality is in jeopardy (falls, injuries, burns, chest pain, difficulty breathing etc.)  
The medical response team will assess and act accordingly.

**This I.C.E. form can be used in conjunction with your "Greensleeves" information (if applicable)**

Family/Friends to contact In Case of Emergency:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Ph #: \_\_\_\_\_ Ph #: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Ph #: \_\_\_\_\_ Ph #: \_\_\_\_\_

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Ph #: \_\_\_\_\_ Ph #: \_\_\_\_\_

This form provided courtesy of your friends at



*Comforting Solutions for In-Home Care®*

If you need assistance with this form or any daily living activities please feel free to call us for a private, consultation with our trained advisor.  
We consider it an honour to be entrusted with caring for others' needs.

# MEDICATIONS

Date started	Medication name	Condition medication treats

Drug Allergies	Precautions or prohibited foods (latex etc.)

Pertinent Medical Information/History

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